



Speaker: “Achieving Work/Life Balance”: Dr. Kathleen Hall

Dr. Hall waived her speaking fees to provide the group with a brief presentation on maintaining work/life balance. Special thanks to Dr. Hall for her time and contribution. For more information on Dr. Hall, visit www.drkathleenhall.com. A recap of her comments follows:

Achieving Work-Life Balance

“Work-Life Balance” has become one of the hottest issues in the workplace today, as more and more people search for satisfaction in a busy and demanding world.

The first step to achieving work-life balance is to recognize your need to make a change. **How do you recognize an imbalance?** There are physical and emotional symptoms: 1) a pessimistic approach to life in general; 2) a narrowed perception of reality, or imprecise memory; 3) a tendency to regress [wish to go back to prior “good times”]; and 4) fight or flight responses such as jaw clenching, shallow breathing, or increased defensiveness. We all know how stress can create more severe physical symptoms. Work-life balance is all about your ability to recognize and manage the myriad of stressors that impact your daily lives.

Choosing to respond differently to these stressors will give you the continued energy and power you need to shift from being a victim to living an intentional life. **How do you choose?** As you go about your day, ensure that what you are doing feeds your **S.E.L.F.:**

Serenity: is your activity providing you with a sense of peace?

Exercise: are you exercising your mind and body?

Love/Community: are you increasing your support network?

Food/Nourishment: are you remembering to feed your body and your soul daily?

Stress hijacks our thoughts and keeps us from making these choices every day. Here are some **tools to use to recognize stress** in order to choose balance:

- 1) **Deep breathing** – break the chain of the stress-response reaction by taking three deep abdominal breaths before reacting outwardly to any stressful situation. And, reserve five minutes a day, twice a day, for deep breathing exercises
- 2) **Use guided imagery** to visualize success and train your brain to think more positively
- 3) Make time for **prayer or meditation** daily
- 4) **Make your surroundings comfortable** for your body and soul – populate your space with reminders of what is important to you