



***Antidote to Burnout: Personal Balance***

# Objectives

Examine personal strategies for life balance in a time of unprecedented stress in healthcare.

No Financial conflicts to disclose.

A Poem







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Let's Draw

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It's  
Time  
To...



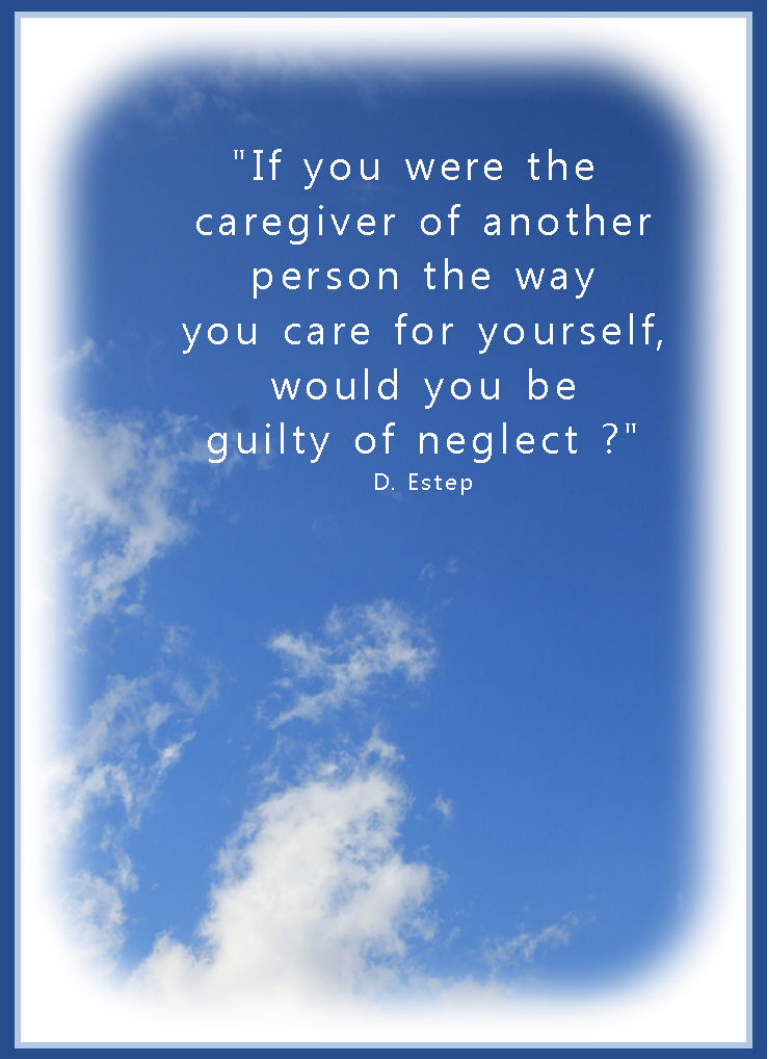


# Do Any Of These Speak To Your Feeling Of Balance?



## Notice: 6 Signs You're Out of Balance

1. You find yourself reacting to everything. Including things people say and to conditions outside your control.
2. You have lingering unidentified health issues, such as fatigue, and/or symptoms that change regularly.
3. Your life has taken on an erratic flow and it feels as if life is “happening to you” and everything is at the mercy of chance.
4. Every little thing becomes an emergency in your mind.
5. Your colleagues are complaining, or you are attracting all of the wrong people to you.
6. You are too tired to recognize or enforce your own emotional, personal, and professional boundaries.



"If you were the caregiver of another person the way you care for yourself, would you be guilty of neglect?"

D. Estep

# HOW DO YOU FIND YOUR BALANCE?

## Internal

- Mind: Challenging yourself intellectually vs. creating opportunities for your mind to rest.
- Heart: Giving love vs. receiving love.
- Health: Eating, drinking, exercising properly vs. resting and treating yourself to some extra yummys.


## External

- Work: Pushing yourself to achieve goals vs. seeing the bigger picture and enjoying the ride.
- Social: Satisfying your social desires vs. taking time for yourself.
- Family: Fulfilling your familial responsibilities vs. creating healthy boundaries.
- Fun: Allocating time for things you enjoy doing vs. making sure you don't overdo it.



# Questions to ask yourself to Create A Balanced Life

1. What are your Priorities? What are the priorities of those you love? Are they aligned?
2. Regain Control. Do you do EVERYTHING?
3. Clinging to unnecessary activities? (get rid of “time leaks”)
4. Chained to your cell phone or tablet?
  1. Email through one electronic device only.
  2. Don't make or accept phone calls while driving your car.
  3. Create 15-30 minutes a day technology-free.
5. Too tired too often?
  1. Never take work of any sort to bed with you.
  2. Make your time-off as much of a priority as work time.
  3. Create a “work is over” ritual.



Micro-  
moment  
Strategy Tips

We remember  
moments, not days.

- Cesare Pavese


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What if we simply opened  
each moment as it arrived?  
Fell head over heels in  
love with it, whatever was  
being unwrapped before us?

# Balancing Habits: VACATIONS aren't ENOUGH

1. Create Transitional rituals
2. Turn your electronics off
3. Spend quality time with the people you love
4. Slow down
5. Live in the now
6. Use all your senses
7. Let go of control
5. Give thanks
6. Maintain positive outlook
7. Simplify
  - a. Work – limit interruptions and multi-tasking
  - b. Relationships – surround yourself with people who have your best interest
  - c. Diet - healthy and manageable meals





# The Power of the Pause

**Revisit Your Artwork**



A Poem :  
For Presence