



What helps you manage your stress?

- _____
- _____
- _____
- _____
- _____

What stresses you out?

- _____
- _____
- _____

How good are you at keeping your balance?

- Very Kind Of Could Be Better Not Very

Our natural ability to do well and to keep going is called **resilience**.
Resilience is all about how we confront challenges at work and home and overcome them.

The Sleep-Fatigue Relationship

Sleepy	Fatigue
<ul style="list-style-type: none">• Drowsy• Falling off to sleep• Difficulty keeping eyes open• Constant yawning• Difficulty waking in the morning	<ul style="list-style-type: none">• Feeling of exhaustion• Irritable• Grows during the day• Difficulty concentrating• Decreased motivation

Shift Work Sleep Facts

- 15% of Americans work outside the traditional 8-5 workday
- People choose to work nights due to:
 - o It's the nature and requirements of their job
 - o It provides a better arrangement for their family time
 - o They have a personal preference for that workstyle
- Most people (70-75%) adjust to the sleeping requirements needed to have effective and satisfying sleep.
- If you have problems they may include:
 - o Drowsiness during your shift
 - o Difficulty falling or staying asleep during your sleep
 - o Decreased concentration
 - o Irritability
- Lifestyle management can significantly improve your ability to have a restful and full sleep

Notes:



Work/Life Balance Remedies

Work/Life Remedies: **Build Hardiness**



- Do all 5 fitness activities
- Rest is part of the journey
- Fuel yourself efficiently
- Watch what you say to yourself

Work/Life Remedies: **Prioritization**



- Know what you important to you
- Your time spent is your priority
- Find challenge and enjoyment in what you do
- Set your schedule to fit your lifestyle

Work/Life Remedies: **You Are What You Think**



- Wake up to positive thoughts
- Accept that things do not always work out
- Don't hang around with negative people
- Find the fun in everything you do

Work/Life Remedies: **Friends and Family**



- Make time for your friends
- Get to know your boss and co-workers as people
- Recognize that families can be stressful and take time outs
- Give lots of praise and appreciation

Improving your work/life balance:

Can you improve on your work/life balance?

Yes No

What do you think you could do to feel more balanced?
Choose from the list of Remedies and add what you can do.

Remedy 1: _____

What I can do: _____

Remedy 2: _____

What I can do: _____

Remedy 3: _____

What I can do: _____

Notes: