



BALANCING WORK, LIFE AND COMMAND

Presented by Military & Family Life Counselors

OBJECTIVES

Participants will learn:

- The unique stresses of responsibility
- Methods of managing stress and finding balance between career and family



AGENDA

- What is Work/Life Balance?
- Balancing Career and Family
- Walking the Tightrope
- Healthy vs. Unhealthy Stress
- Statistics on Executive Stress
- Responding to Multiple Demands
- External Stressors vs. Internal Stressors
- ABCs of Stress Reduction
- Energy Wheel
- Importance of Sleep
- Cycles of Work and Rest
- Cut Out Other Health risk Factors
- Perspective/Philosophy
- Self-Acceptance
- Family Rituals
- Achieving Balance



WHAT IS WORK/LIFE BALANCE?

- Necessary for everyone
- On-going process
- Responding to multiple demands
 - Balancing children's activities
 - Balancing career and family



BALANCING CAREER AND FAMILY

- Every family is unique
- The family system is dynamic
- Developmental stages of the family
- Cultural/personal histories dictate needs



BALANCING CAREER AND FAMILY CONTINUED

- Write down family goals
- Stick to your values
- Recognize that imbalance is sometimes inevitable
- Revisit your schedule
- Recognize the benefits of balance
- Manage distractions and procrastination
- Discuss expectations and responsibilities
- Organize your work better



IS THIS YOU?



WALKING THE TIGHTROPE

The unique stresses of responsibility:

- Responsibility without all the authority
- Challenging requirements
- Unpredictable nature of work demands



HEALTHY VS. UNHEALTHY STRESS

The stress response is:

- A normal response to the demands and changes of life - both positive and negative
- An individual response
- Necessary for survival and not necessarily unhealthy

Stress becomes unhealthy when we are habitually confronted with chronic stressors and do not manage them well



RESPONDING TO MULTIPLE DEMANDS

Responding to multiple demands requires:

- Being flexible
- Balancing children's activities
- Balancing professional duties with family life
- Taking care of yourself



EXTERNAL STRESSORS VS. INTERNAL STRESSORS

External Stressors

- Work
- School
- Community

Internal Stressors

- Attitudes
- Beliefs
- Expectations
- Behaviors



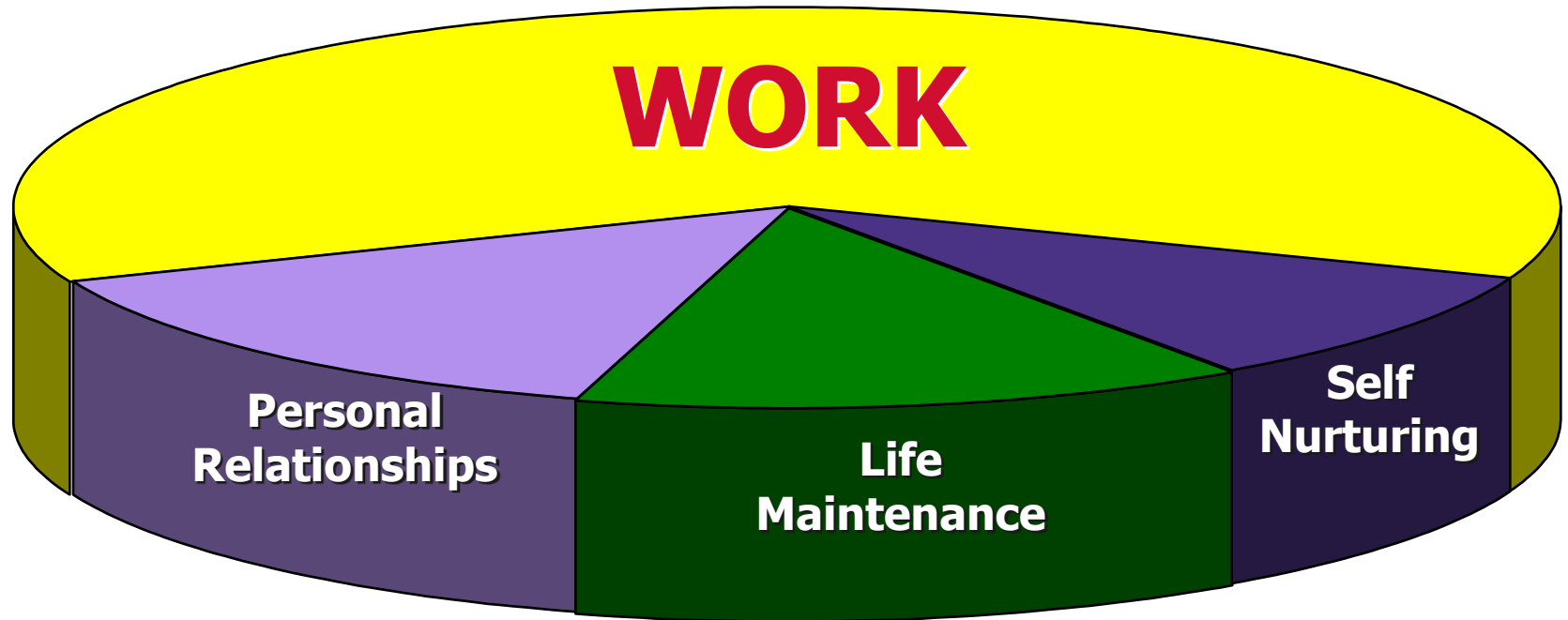
ABC'S OF STRESS REDUCTION

A stress reduction action plan includes:

- **A** = Awareness
- **B** = Balance
- **C** = Control



ENERGY WHEEL



IMPORTANCE OF SLEEP

Sleep is important for physical and mental health

Sleep deprivation can cause serious problems in functioning such as:

- Decreased performance and alertness
- Memory and cognitive impairment
- Occupational injury
- Automobile injury



IMPORTANCE OF SLEEP CONTINUED

- Sleep is as essential to your health as eating – yet it is easy to cut back on

Plan:

- Develop a ritual around bedtime
- Go to bed at the same time
- Get up within an hour of the same time each day
- Sleep in intense darkness in a cool, well-ventilated room, and wake up with lights



CYCLES OF WORK AND REST

Alternate periods of intense activity and rest

Benefits of rest and relaxation:

- Gives the heart a rest by slowing the heart rate
- Reduces blood pressure
- Slows the rate of breathing, which reduces the need for oxygen
- Increases blood flow to the muscles
- Decreases muscle tension
- We work more effectively after a period of rest



STRESS MANAGEMENT TECHNIQUES

- Exercise
- Find quiet Time
- Use humor – watch funny movies, share a joke with a friend
- Change destructive thought patterns
- Get organized
- Limit computer or internet based recreation



STRESS MANAGEMENT TECHNIQUES

CONTINUED

- Eat healthy
- Reduce intake of alcohol
- Practice relaxation
 - Slow stretching
 - Deep breathing
 - Visualization
 - Meditation or prayer



CUT OUT RISK FACTORS

- Alcohol and/or other drugs
- Food
- Displaced anger/frustration
- Overspending



PERSPECTIVE/PHILOSOPHY

- Embrace a positive, optimistic life philosophy
- Re-frame “failures” as new opportunities
- Challenge the “shoulds”
- Avoid “all or nothing” thinking
- Be compassionate with yourself
- Focus on the present



SELF-ACCEPTANCE

- Practice “positive self-talk
- Develop unconditional positive regard for self and others
- Every person on this planet is a fallible human being
- Every person on this planet often acts “crazy” and against his or her own best interests at times
- Learn to accept yourself – rate your behaviors, but never rate yourself



FAMILY RITUALS

Family rituals:

- Foster a sense of continuity and meaning
- Help create space for bonding and sharing
- Your family should be a sanctuary
- Family needs nurturing and care – it is easy to take them for granted

Devote time for you family

- Schedule family time
- Be engaged when you are with them
- Turn off your Blackberry or at least stop checking e-mails



ACHIEVING BALANCE

- Requires thought, effort and flexibility
- Enlist help of spouse, friends and colleagues
- Balance is a dynamic, fluid process with an ebb and flow
- Personal growth leads to familial and professional growth



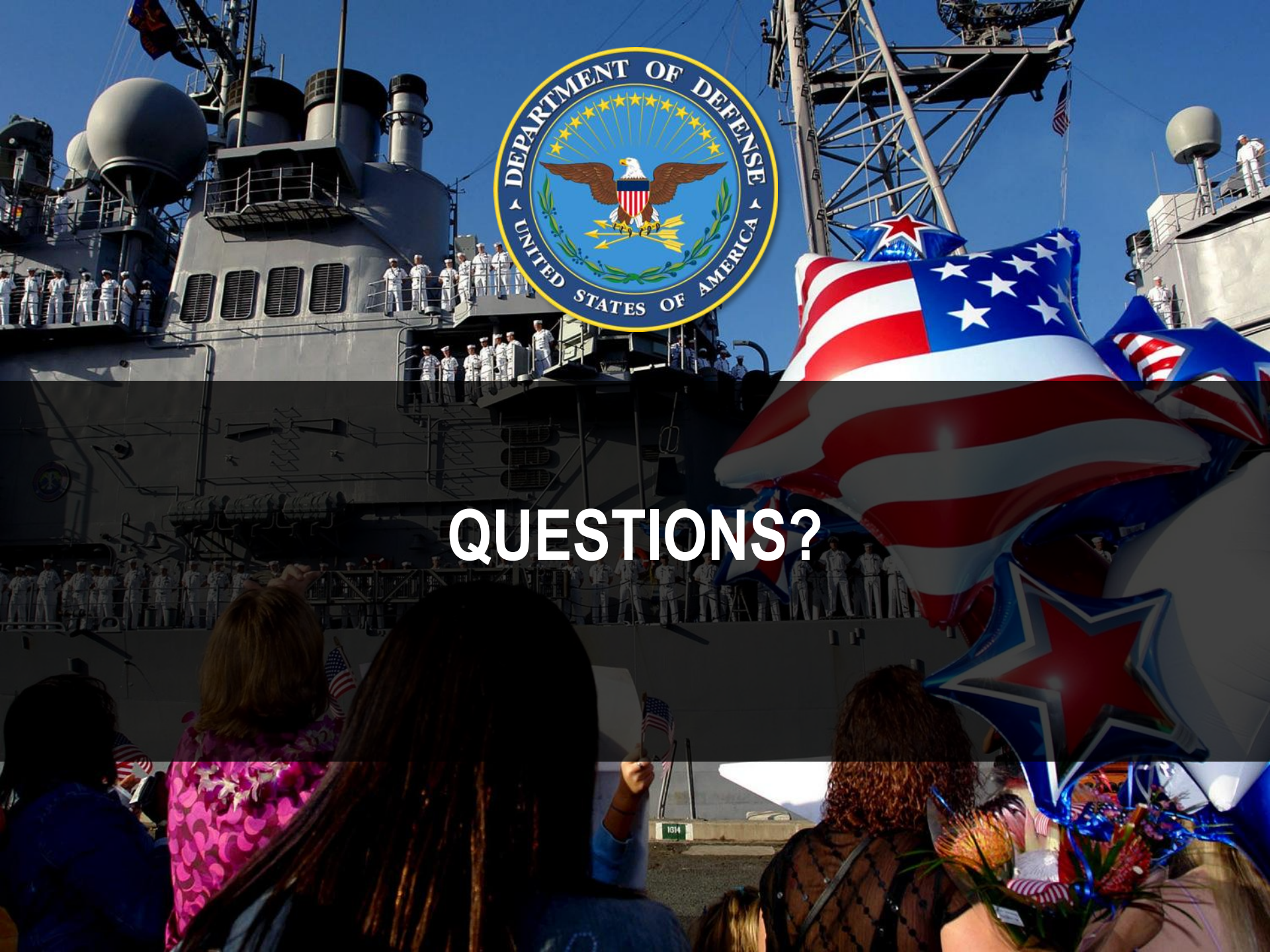
SUMMARY

- Work/life balance is an on-going process
- Not all stress is unhealthy
- Managing stress requires awareness, balance and control
- Sleep is vital for physical and mental health
- Maintaining a positive perspective and personal philosophy is an important component of finding balance
- Balance is a dynamic, fluid process with an ebb and flow





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services



REFERENCES

- “Leadership Resilience: Overcoming Executive Stress,”
Colonel Fred P. Stone





THANK YOU

