



Bah HUMBUNG!

Work Life Balance Through the Holidays and Beyond



Agenda

- Time Management
 - Scheduling the Big Rocks

- Wellness
 - Causes of Holiday Stress
 - Managing Your Stress



The Most Difficult Time of the Year?

- 38% of adults surveyed felt their stress increase during the holidays. (APA)
- 64% of adults with mental health issues report that their conditions worsen during the holidays. (NAMI)

Scheduling the Big Rocks

- From Franklin Covey's 5 Choices for Extraordinary Productivity

5 Choices Workshop
Jan. 25, 9-Noon via Zoom

Identify Your Extraordinary Roles

1. Represent key responsibilities and relationships.
2. Should be limited to a few (five to seven).
3. Express your deepest values and highest aspirations.
4. Create a balanced perspective of your life.
5. Change over time.

Administrator
Architect
Artist
Assistant
Athlete
Brother
Caregiver
CFO
Challenger
Chairperson
Chef
Citizen
Client
Coach
Colleague
Companion
Consultant
Consumer
Contractor
Cook

Counselor
Daughter
Designer
Editor
Energizer
Executive
Explorer
Friend
Gardener
Grandparent
Influencer
Inventor
Investor
Leader
Manager
Mentor
Musician
Neighbor
Nurse
Owner

Parent
Partner
Patron
Peacemaker
Programmer
Reporter
Salesperson
Sister
Son
Spouse
Supervisor
Supporter
Teacher
Teammate
Technician
Trainer
Traveler
Vice-president
Volunteer
Writer

Lives in Toronto,
Ontario, Canada

Married, 38,
two kids



Marketing
Director, Indian
software firm

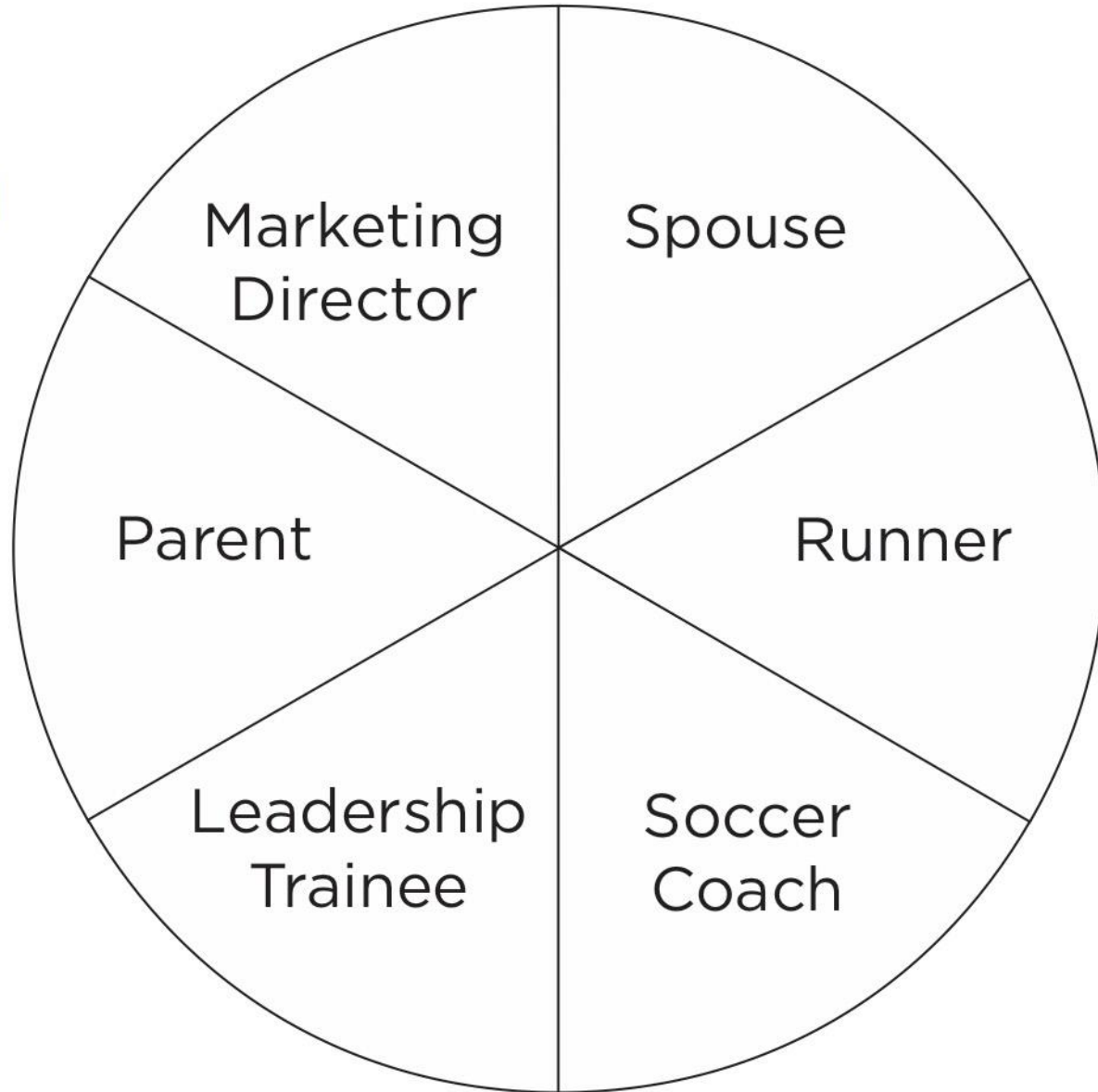
Runs a
large-scale
social media
campaign

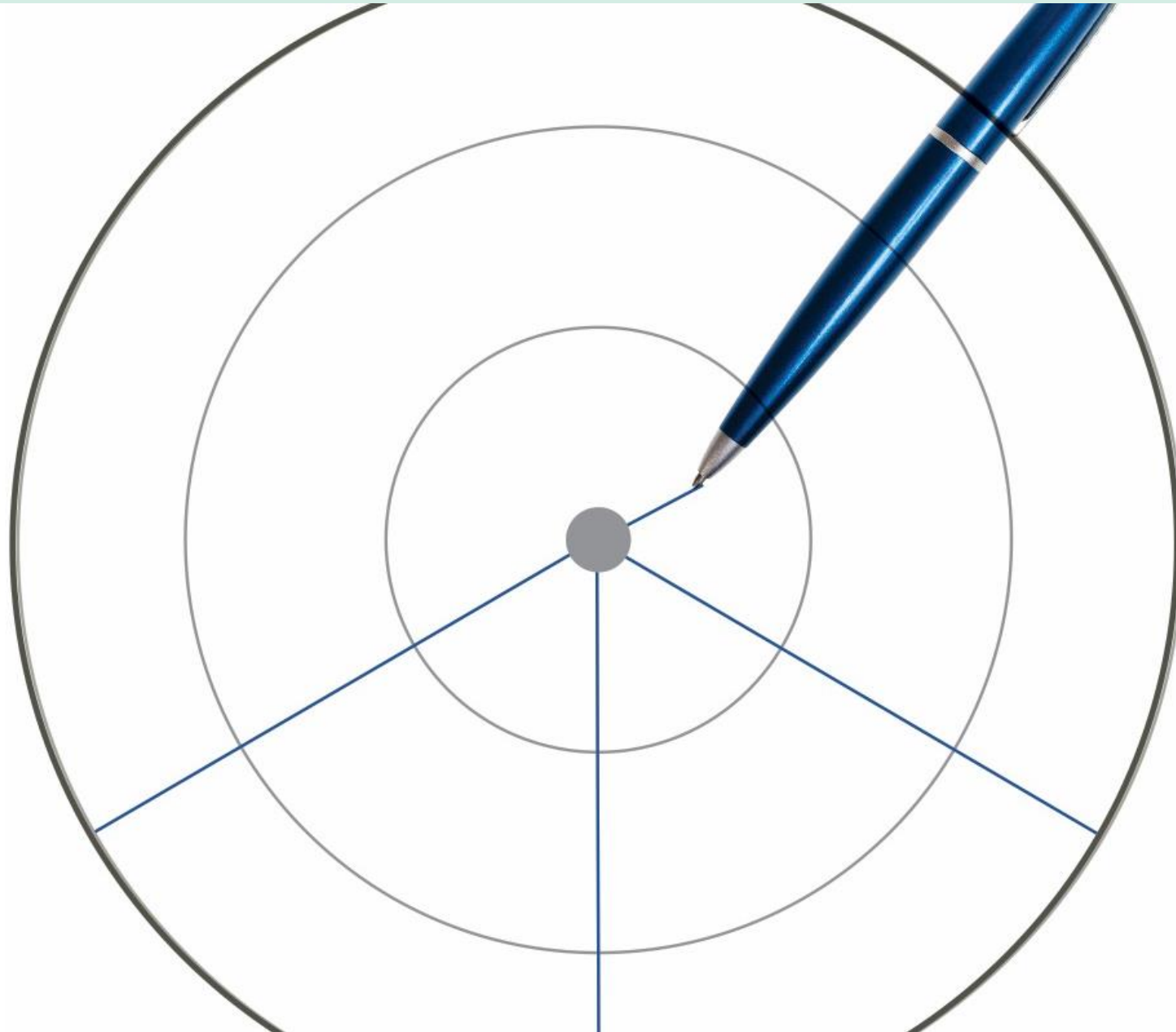
Directs a large
customer-
feedback
project

JENNIFER



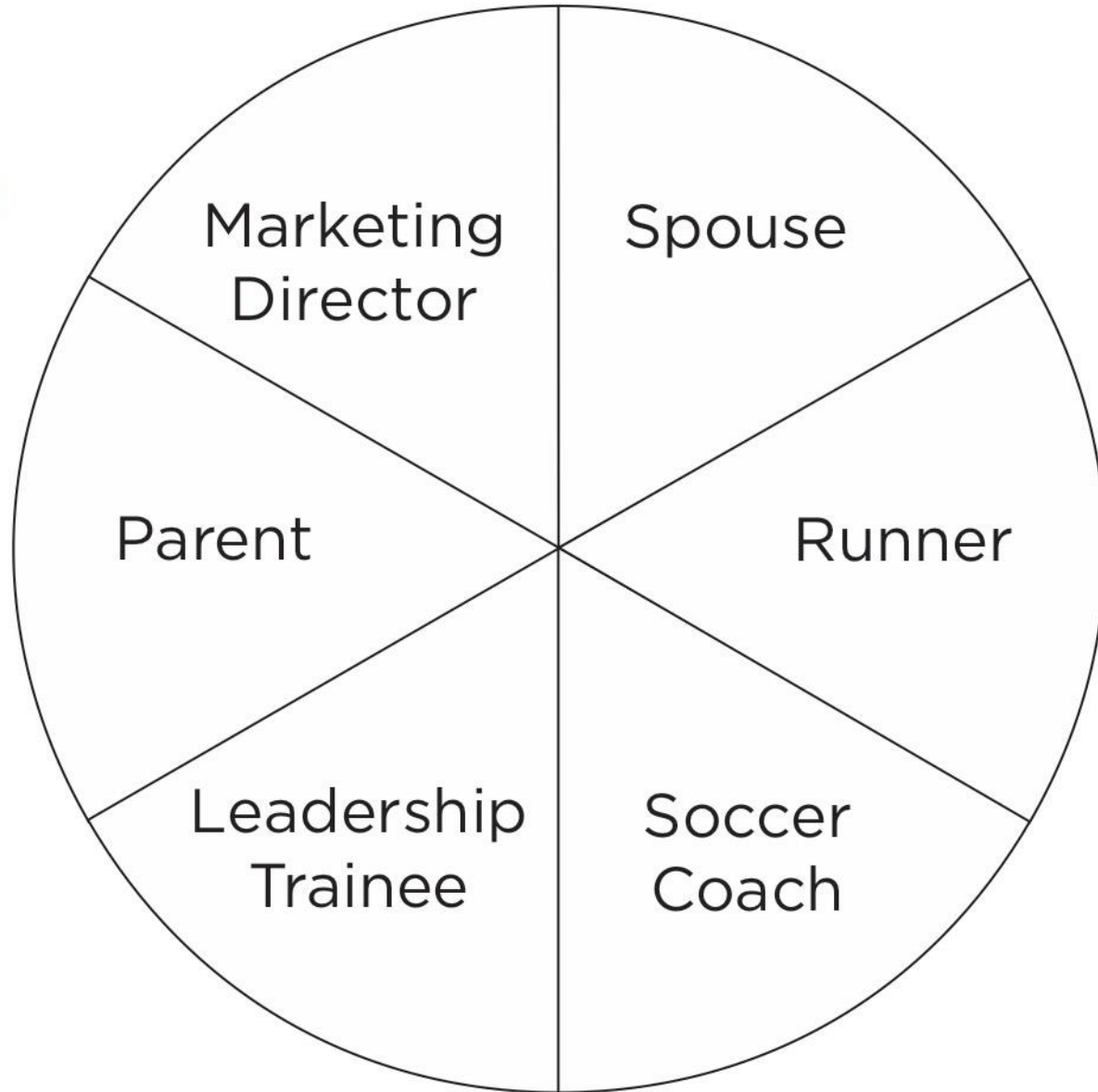
JENNIFER







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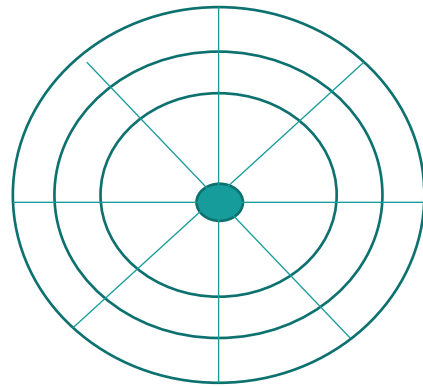


UNDERPERFORMING

I'm not doing what I should in this role and haven't spent much time or energy on it.

ORDINARY

I do what is expected in this role.



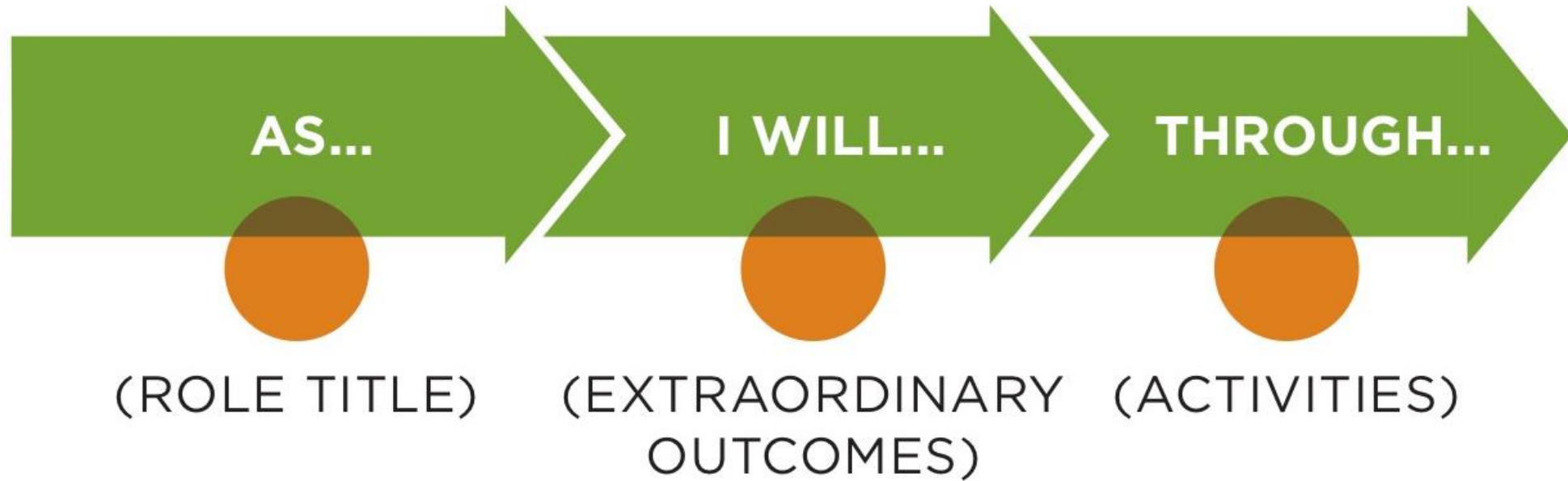
EXTRAORDINARY

I'm excited about the valuable contribution I am making in this role.



ANTHONY





- What do I see myself doing and achieving in this role?
- Who are the people I most influence when I'm in this role?
- What would I want those people to say about me (my actions, performance, results, achievements)?





JENNIFER

Marketing
Director
(Work)

BUSINESS CATALYST

As a business catalyst, **I will** build a trusted, reputable brand that attracts a new, younger market **through** innovative products distributed powerfully via social media as well as traditional channels.

Spouse
(Personal)

STEVE'S BEST FRIEND

As Steve's best friend, **I will** show my unconditional love and support **through** regularly communicating my feelings for him and helping him achieve his life goals.



Wellness During the Holidays

Video

https://youtu.be/4WvwX18oMR4?si=54wAXvooep_J4g6z

Holiday Stressors

Deadlines

High or Unrealistic

Expectations

Full Schedule

Family





Holiday Stressors

Over-Commitment

Over-Commercialization

Breaking Healthy Habits

Money

Holiday Stressor: Work Deadlines

- We take time off but that doesn't mean our work slows down!
- Competing personal expectations

Tips: Work Deadlines

- Schedule Your Big Rocks!
- Take the time off
- Talk with your manager about workload

Tips: Full Schedule

- Keep your gift giving simple and finish as early as possible.
- Prioritize your invitations or party obligations. You can say no!
- Delegate, Delegate, Delegate.
- Cut down your food menu.
- Cook and freeze foods ahead of time.

Holiday Stressor: Full Schedule

- A long “To Do” list
- Party invites
- Shopping

Holiday Stressor: High or Unrealistic Expectations

- Perfection
- Romanticized
- Traditions
- Social Media/Media

Tips: High or Unrealistic Expectations

- Prioritize! Remember Your Big Rocks.
- Focus on the people and values that matter to you.
- Plan ahead.
- Reframe your thinking.

Holiday Stressor: Breaking Healthy Habits

- Overeating
- Disrupted Schedule

Tips: Breaking Healthy Habits

- Myth of Holiday Weight Gain
- Be selective about your indulgences
- Modify your fitness routine

Holiday Stressor: Family

- Family Feud
- Guilt over not spending time with loved ones
- It's complicated

Tips: Family

- Manage expectations
- Focus on shared interests
- Limit time with family you have a complicated dynamic with
- Less is More
- Set Boundaries
- Don't be afraid to say no



Other Holiday Stressors

- Depression/Anxiety
- Financial Worries
- Disappointment
- Social Anxiety
- Grief & Loss
- Loneliness

Wellness Tips

- If You're in Therapy, Stay in Therapy
- Get fresh air and sunlight
- Practice mindfulness and meditation
- Accept your feelings

Treat Yourself as You'd Treat a Friend: Write a Letter of Support

When you are feeling heavy emotions write yourself a letter as if you were writing to a best friend.

What would you say to your best friend to comfort them?

How would you help them validate their existence and provide support to help them get through what they are feeling?

Tips: Seasonal Affective Disorder (SAD)

- Start paying attention to when this starts so you can prepare in the future
- Get fresh air and sunlight
- Vitamin D
- Hydrate
- Light Therapy
- Cognitive Behavioral Therapy (CBT)
- Talk to your health care professional

Tips: Grief and Loss

- Don't avoid thinking about them
- Honor and celebrate them
- Family traditions: Keep or let go?
- Take care of yourself

Tips: Loneliness

- Acknowledge your feelings
- Steer away from the Hallmark Channel
- Plan ahead
- Be around people
- Plan a virtual gathering
- Help others
- Create a Reverse Advent Calendar



Be kind to yourself.

**It's impossible to please everyone,
but we are often our own harshest critics.**

All you can do is your best and your best is good enough.

HAPPY HOLIDAYS!

Contact me: Theresa Sherman, EOD

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Resources

- <https://www.psychiatry.org/news-room/apa-blogs/seven-ways-to-cope-with-holiday-stress>
- <https://www.apa.org/news/press/releases/2006/12/holiday-stress>
- <https://www.webmd.com/diet/features/holiday-weight-gain-big-fat-lie>
- <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
- <https://www.nami.org/Blogs/NAMI-Blog/February-2022/How-Volunteering-Improves-Mental-Health>