

Balancing Your Life

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AND YOU THINK YOUR JOB STINKS?



Life is a balancing act



Definitions of Stress

(many definitions, from many disciplines)

- A loss of emotional control
- The inability to cope with problems
- Wear and tear on the body
- The absence of inner peace
- Any change you encounter in your life

Definition of Stress

(a common definition, agreed by leading experts)

- “Stress is a “perceived” threat (real or imagined) to one’s mind, body, spirit, or emotions.

A fact of life

Stress is a fact of life, but it doesn't have to be a *way* of life.

A famous person once said:

“Life is about 20% what happens to us, and 80% the way we respond to it.”



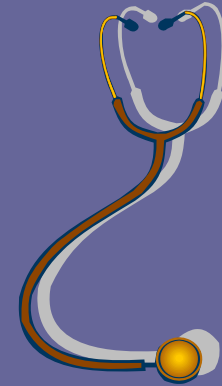
Identify Your Stressors



Physical Reaction

Fight or Flight Response

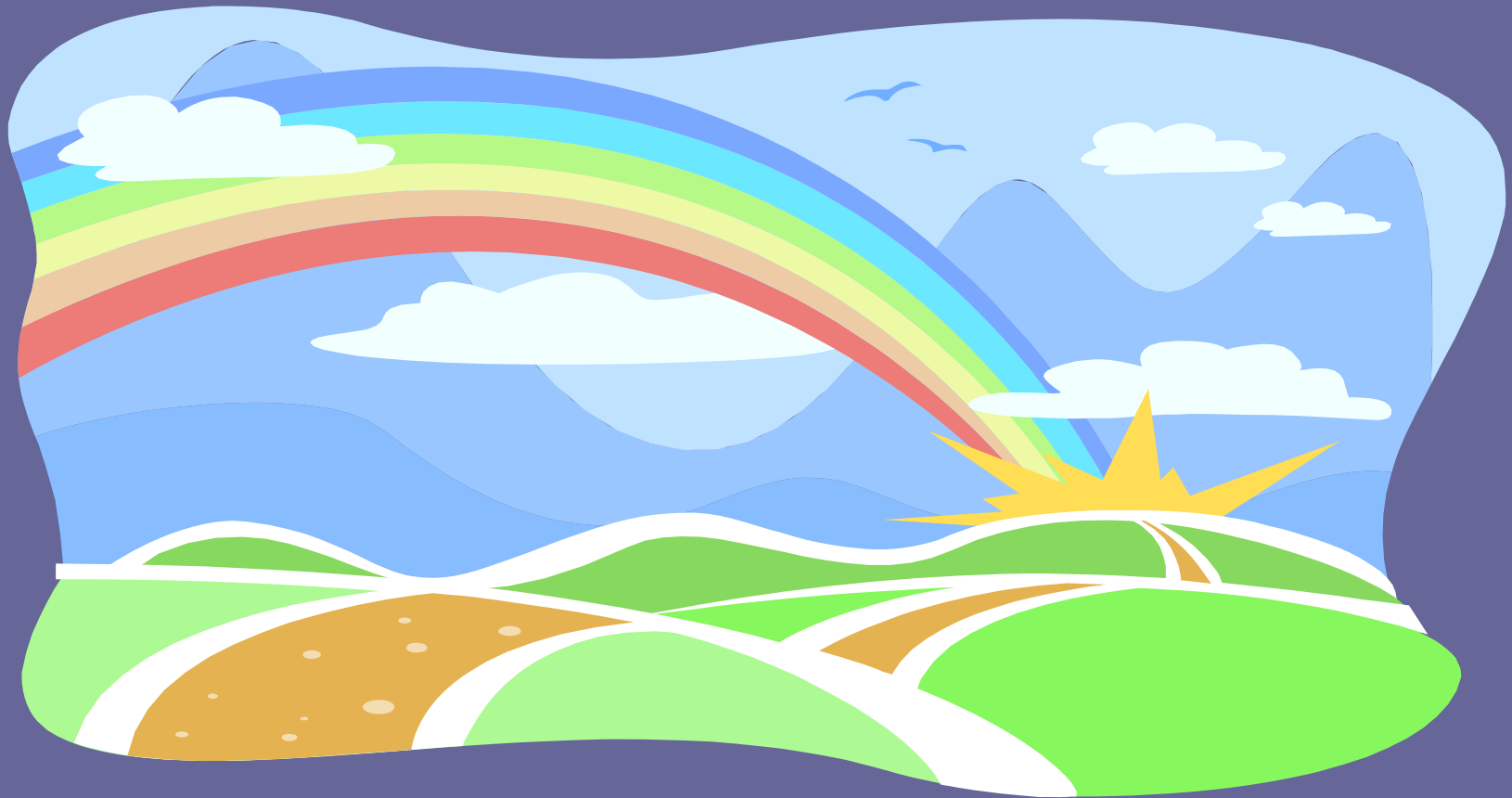
- Prepare for ACTION!
- Increased heart rate
- Increased blood pressure
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity



***80%** of visits to
primary care physicians
are due to chronic stress



Effective Coping Skills



Effective Coping Skills

- **Exercise**
- **Comic Relief**
- **Time Management**
- **Communication Skills**
- **Hobbies**
- **Social Support Groups**

I'm In Control

- Do nothing which will require you to tell a lie
- Learn to live one day at a time
- Get up 15 minutes earlier each day
- Relax your standards
- Eliminate self-destructive talk “I’m too old...”
- Be prepared to wait, and have something ready to read for when you do

I'm In Control

- Procrastination is stressful. Whatever you want to do tomorrow, do today. Whatever you want to do today, do now.
- Schedule a realistic day. Do unpleasant tasks early and get them over with.
- Do it.....Dump it..... or Delegate it.

Words To Live By

“Life is not a matter of having good cards, but of playing a poor hand well.”

Robert Louis Stevenson

Words To Live By

“When it rains, I let it.”

..... 113 year old man in response to a question about the secret of his longevity.

Words To Live By

“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Steven Covey, author of the

“The 7 habits of Highly Effective People.”

Be good to yourself



If you don't take care of your body.....
Where will you live?