Wellness and Life Balance: In Pursuit of the Whole Life
Monday October 14 10:30 am - 12:00 pm

Dr. Marcia Mastracci Ditmyer
Associate Dean for Academic Affairs
If you never aged, what age would you want to be for the rest of your life? WHY?
Work/life balance has been explained as a misguided metaphor for grasping the relationship between work and the rest of life.

It's no secret—managing all the things you must do as an adult is a challenge.

A unified perspective of work and life is needed. Instead of balance, we need to integrate work and the rest of life.
Objectives of Today’s Session

1. Discuss the Concept of Work-Life Balance
2. Discuss Concept of “WHOLE LIFE”
3. Identify Action Steps to Being Balancing Quality of Life
“WELLNESS”

My definition...
Wellness is the realization of our true potential to live a healthier, happier, and more successful existence. It is a dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to your wellbeing and that of the common good.
What Work-Life Balance IS NOT!

1. Work-Life Balance does not mean an equal balance.
2. There is no perfect, one-size fits all, balance you should be striving for.
3. There is no perfect, one-size fits all, balance you should be striving for.
What to Consider?

ACHIEVEMENT AND ENJOYMENT

“Work-Life Balance”
WORK
FAMILY
FRIENDS
SELF
WHY IS IT IMPORTANT?

1. Not merely the absence of illness.
2. A process of change and growth, empowering you to live life to the fullest.
3. There are at LEAST eight dimensions to consider
“We are the sum total of our experiences. Those experiences – be they positive or negative – make us the person we are, at any given point in our lives. And, like a flowing river, those same experiences along with those yet to come, continue to influence and reshape the person we are, and the person we become. None of us are the same as we were yesterday, nor will we be tomorrow.”

~B.J. Neblett
Life Tasks and Self-Direction

CREATIVE SELF
- Stress Management
- Sense of Worth

SOCIAL SELF
- Friendship
- Problem-solving
- Essence or Spirituality

ESSENTIAL SELF
- Gender Identity
- Nutrition and Exercise

PHYSICAL SELF
- Emotional Awareness
- Cultural Identity

COPING SELF
- Creativity
- Coping
- Sense of Humor

REALISTIC BELIEFS
- Sense of Control
- Leisure
- Sense of Worth

ESSENTIAL SELF
- Love
- Self-Care

ESSENTIAL SELF
- Realistic Beliefs
- Love

ESSENTIAL SELF
- Self-Care
Hans Seyle (1907-1982), the “Father of Stress”, was a Hungarian endocrinologist and the first to give a scientific explanation for biological “stress.”
Positive
• Enables concentration
• Increases performance
• Energizes you into motion

Negative
• Loss of motivation
• Reduces effectiveness
• Physical, mental, behavioral problems
How are Leadership and Wellness Related
Strategies for Work-Life Balance
Steps to Take

Set
- Set goals for all 4 quadrants

Determine
- Determine your priorities

Track
- Track your time
Steps to Take

- Schedule: Schedule Scrupulously
- Establish: Establish Boundaries
- Care: Take Care of your Health
Steps to Take

Nurture
- Nurture Family/Relationships

Make
- Make time for YOU

Leave
- Leave Work at Work
Steps to Take

Exercise
- Exercise your options

Work
- Work smarter not harder

Know
- Know when to ask for help
What are the take-away’s from todays?

What will you work on?
QUESTIONS