

“If healthcare is about well being, then why am I so stressed out?”



‘tools and practices for
being well in a crazy
busy world’

Feeling Disconnected?

“While we have been miraculously connecting electronically over the past 15 years, we have also quietly and unintentionally been disconnecting interpersonally.”

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*CrazyBusy, Edward M. Hallowell, M.D.*

*American workers who consider stress to be a major problem in their lives has more than doubled during the past ten years.*

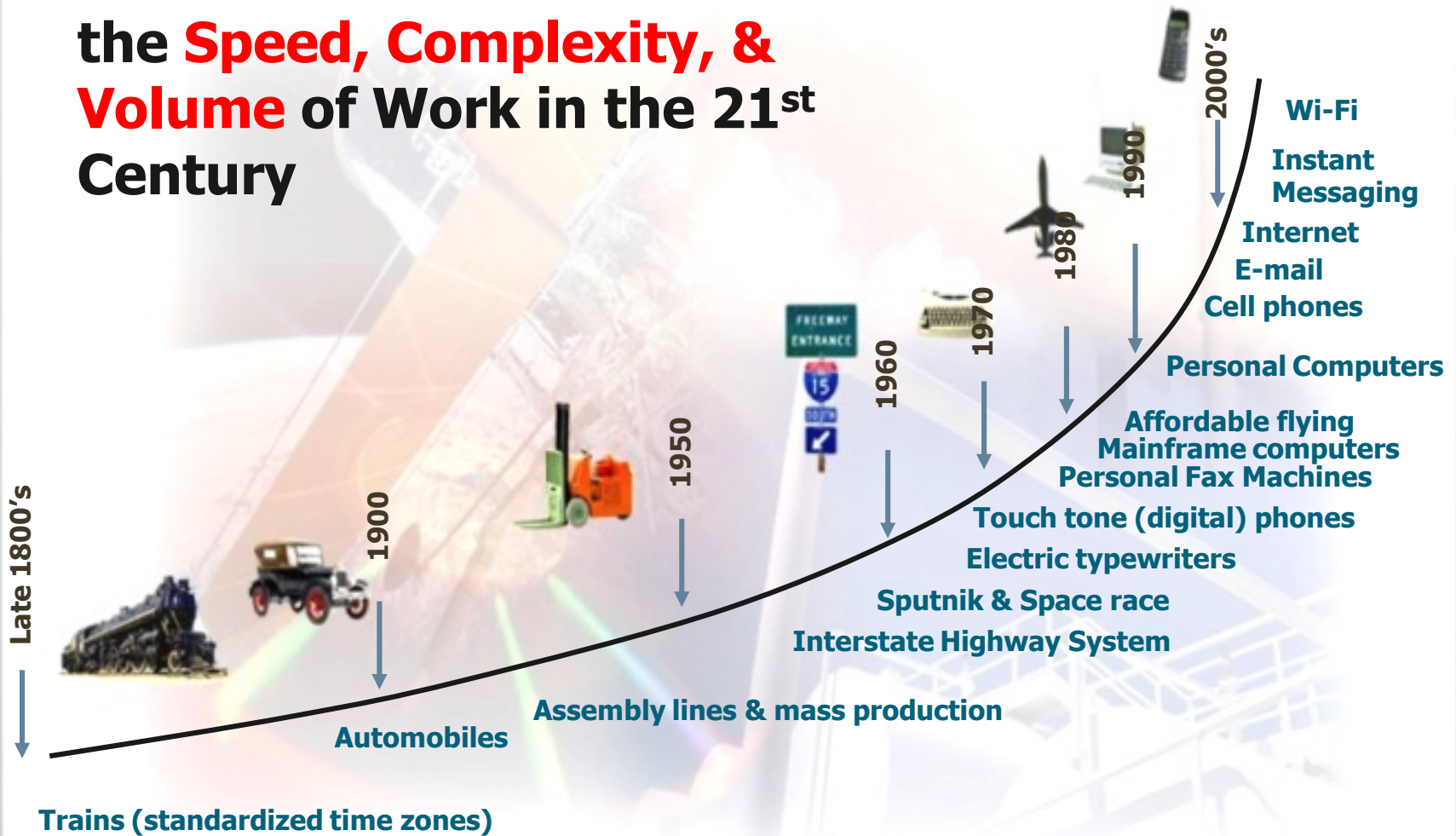


# objectives

- Come to grips with the current work environment and its impact on our productivity, well being and peace of mind.
- Commit to a future in which you are well, in mind, body and spirit.



# Events that have increased the **Speed, Complexity, & Volume** of Work in the 21<sup>st</sup> Century



*Our world  
has changed  
dramatically  
over the past  
25 years*

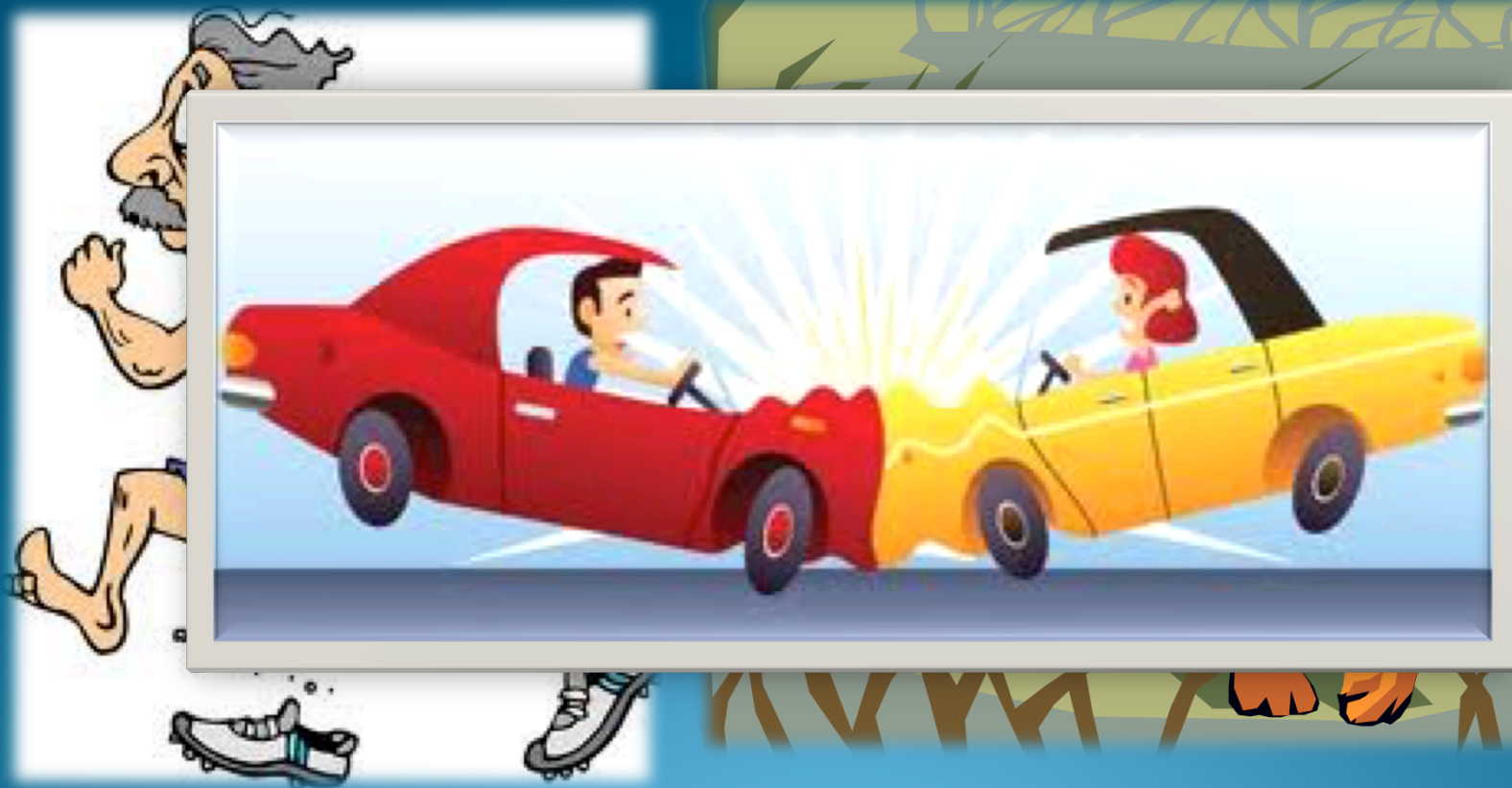


*We need new thinking and  
practices regarding,  
productivity, peace of mind  
& well being.*

*Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.*

Kristi A. Dyer MD, MS, FT

‘necessary stress’



*Distress is a negative stress response. It is a chronic stress condition.*

*Distress can lead to internal imbalance and emotional distress, headache, elevated blood pressure, chest pain, insomnia, depression, panic attack and anxiety.*





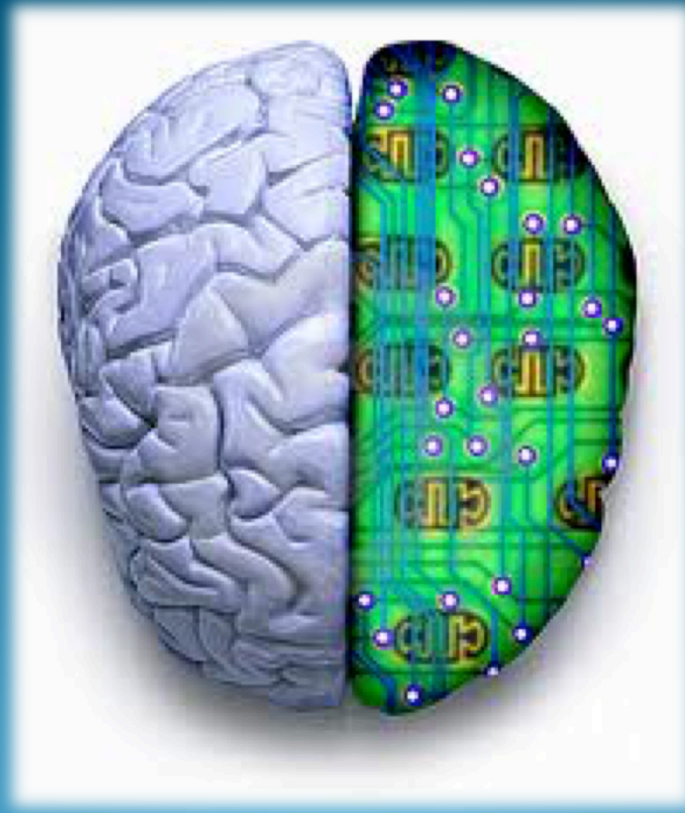
*How has technology and the hectic  
pace of modern living  
impacted:*

*You?*

*Your Family?*

*Your Community?*

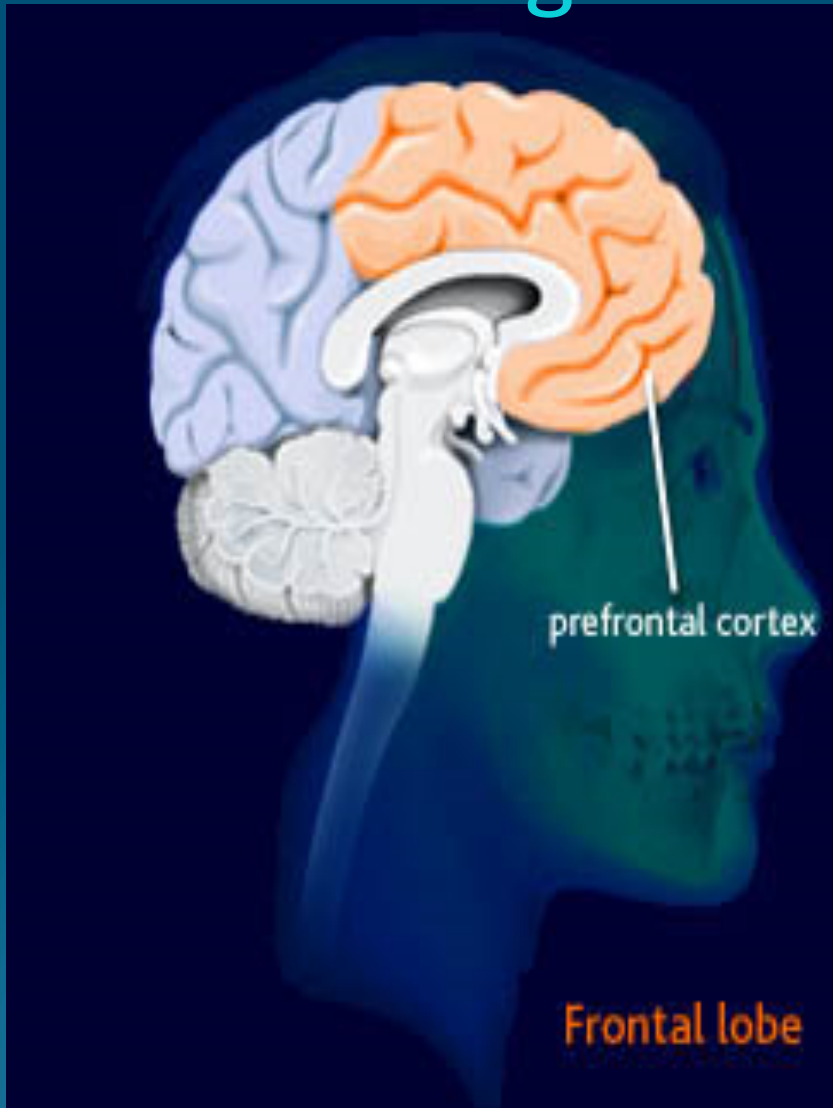
# *Brain Changes*



*“All electronic devices rewire the brain...as we use them, our nervous system extends outward while the medium extends inward.”*

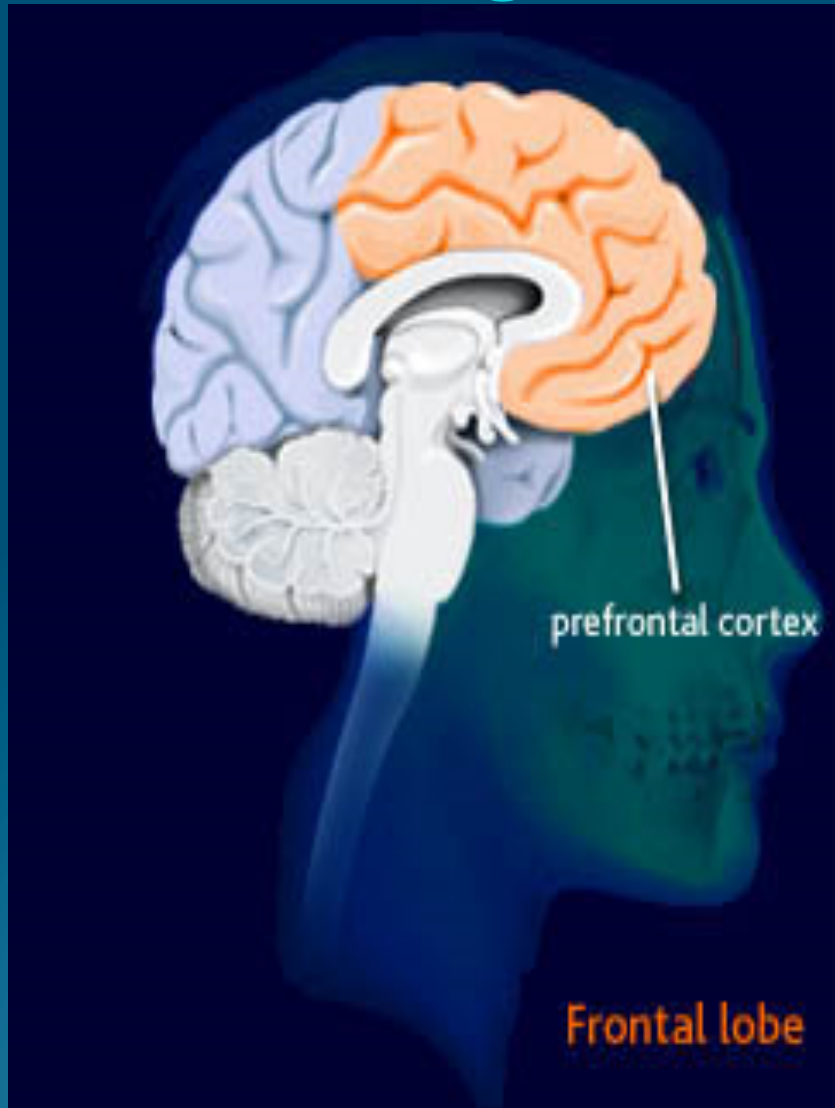
The Brain That Changes Itself , Norman Doidge, M.D.  
(that's why when computers crash people have mini nervous breakdowns... literally!)

# Brain Changes



- Too much information causes stress -our brains secret cortisol & adrenaline, *initially* boosting energy levels, & augmenting memory.
- Over time, these hormones may impair cognition, lead to depression, & alter neural circuitry that control mood & thought.

# Brain Changes



- Many of us find ourselves in a state of 'continuous partial attention'
- We find ourselves keeping tabs on everything while truly never focusing on anything
- This places our brain in a heightened state of stress - our brains were not built to maintain such monitoring for extended periods of time



“Why is it that drug addicts and  
computer aficionados are both  
called users?”

Clifford Stoll, Astronomer & Author

# What are some of our techno-addictions?

E-mail

Texting

'Smart Phone'

Social Media

Tweeting (really?)

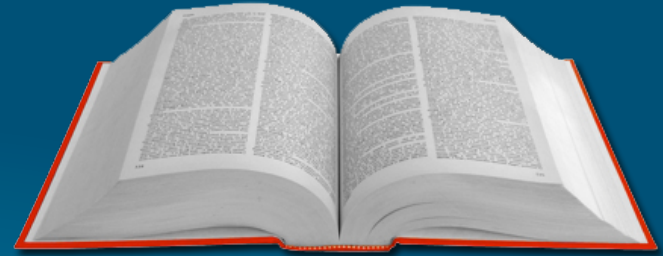
Vacation planning requires WI-FI access

# Work-Stress Habits

- We have habits that lead to stress.
- Changing your habits requires self awareness and self compassion.

# Definition of Habit

hab·it (habit) n.



1. A recurrent, often **unconscious** pattern of behavior that is acquired through frequent repetition.
2. An **established disposition** of the mind or character.
3. An **addiction**, especially to a narcotic drug.

# your habits at work'

## This happens...

You make a promise to eat healthier

Something comes to mind that you need to remember

Someone asks you to do something

An email arrives in your in box

You schedule time to go to the gym, do yoga or take a walk

## You do this

You convince yourself that Haagen Dazs is an essential food group

You tell yourself "I'll remember that later"

You jot it down on a handy scrap of paper

You stop what you are doing and respond to the email

You tell yourself "I need to work, I'm too tired anyway"



# The habit of 'trying to get it all done'

You will never get it all done!

**It's Impossible!**

## Notice...

- It is obvious that you will never get it all done, *but you habitually think you should get it all done*
- We all know that good people should get it all done and are failures if they don't. *Since you are a good person you will try to get it all done, anyway – even if you can't.*

What are some of the ways you try  
to “get it all done”?

# Release

*“I release  
the need  
to get it all  
done, now  
and  
forever....”*

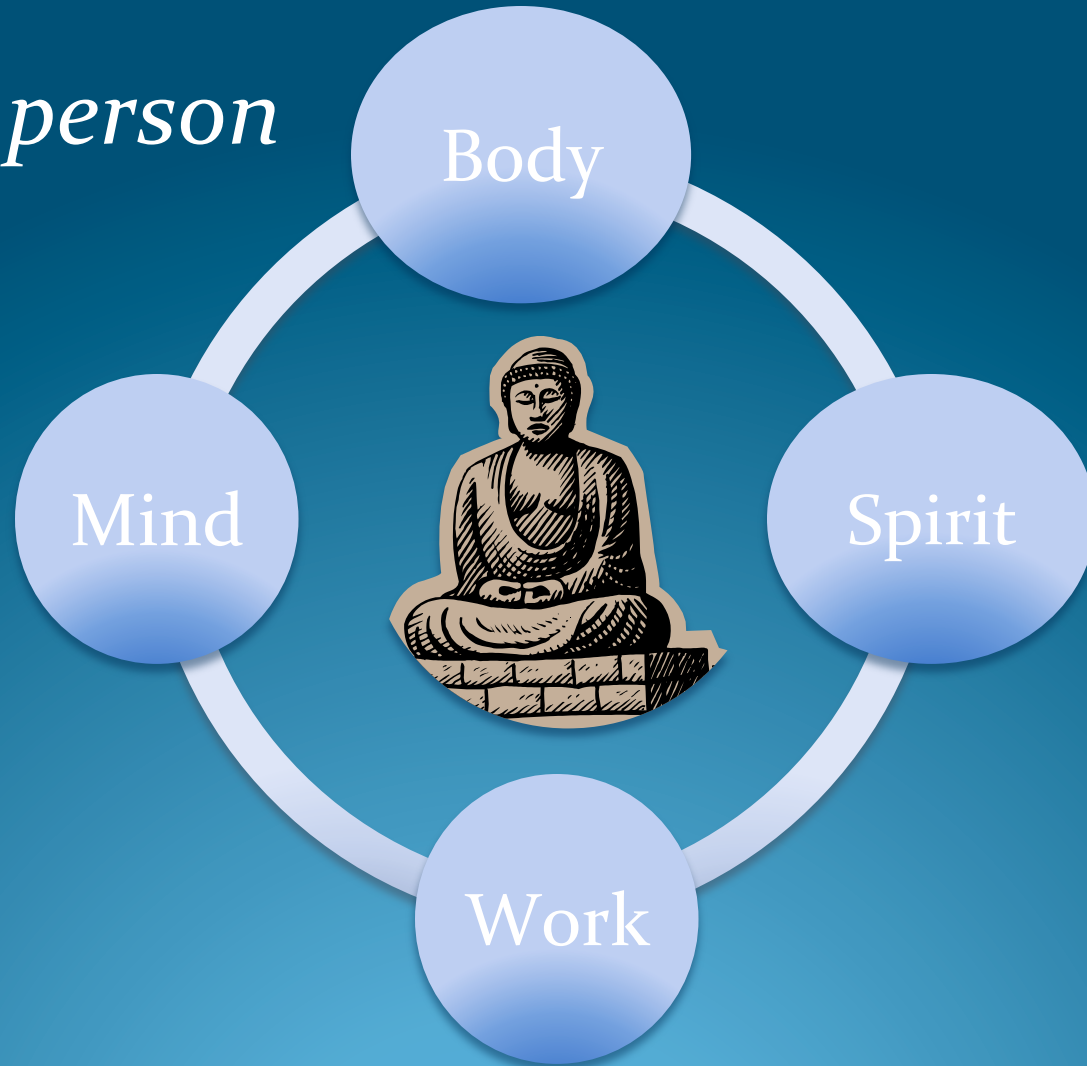


# Technology (alone) is not the answer

We need an 'integrated approach' to productivity that is grounded in the totality of 'who we are.'



*a 'whole' person*











Reduce  
caffeine,  
sugar and  
alcohol

*“My doctor  
says only one  
glass of  
alcohol per  
day...I can live  
with that!”*



## My Personal Pledge for Taking Care

### Principles and Practices for Balancing Work, Well Being & Care Giving

Name \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Supporter \_\_\_\_\_

#### PRINCIPLES

1. The healthier I am, the more able I am to care for others. Self care is not selfish, it is a gift to those I care for most.
2. I will never 'get it all done' and that's okay! I release the need to try and get it all done. Instead, I will focus on what's most important.
3. My breathing is sacred and my breaths are finite. Taking conscious, deep breaths is relaxing, naturally healing and stress reducing.
4. I will practice self awareness and self compassion; these practices will help me to grow and become healthier—in mind, body and spirit.

#### Practices

**MOVE IT OR LOSE IT!** Walk \_\_\_\_ Yoga \_\_\_\_ Pilates \_\_\_\_ Swim \_\_\_\_ ? \_\_\_\_\_

**I AM WHAT I EAT!** I will manage and limit my intake of sugar, salt, fat, & processed foods. I will feed my body and brain the healthy, whole foods it yearns for.

**MINDFULNESS & REST:** I will practice conscious breathing, relaxing and meditating. I will take time to read, handwrite and connect with people. I will be mindful of my addiction to technology. I will work on slowing down, taking naps as needed and getting proper rest.

**I STAND for a FUTURE** in which (grandkids, family, travel, community, goals )

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