

Finding balance and keeping it!



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In this session we will explore:



- Effects of stress
- Importance of self care
- Principles of self care
- Actions you can take
- Best practices for virtual fatigue
- Resources

Stress impacts

- Heart disease
- High blood pressure
- Diabetes (increase in consumption of high sugar foods)
- Depression and anxiety disorder
- Sleep problems
- Sedentary lifestyle
- Workplace Impacts
- Decrease in our ability to think long term
- Decrease in impulse control (more reactive)
- Reduced empathy
- Cognitive impacts

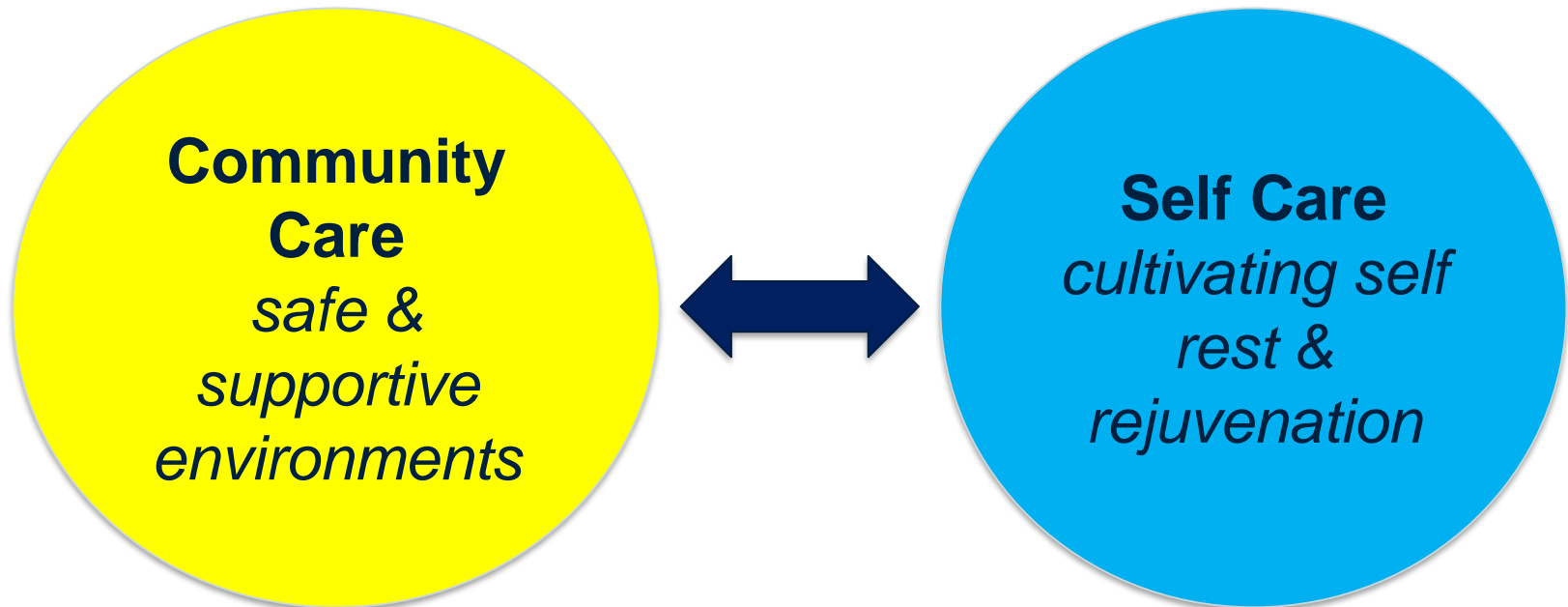


What does self care mean to you?

- What do you do for self care?
- How does it make you feel?
- Barriers?



Balancing domains of care



Principles of self care

- No or low cost activities and practices
- Are small and manageable steps
- Help manage our daily life
- Reduce immediate stress



Actions to try today



Actions to try today

- Eat a balanced breakfast
- Make water your drink of choice
- Walk briskly for 10 minutes a day
- Stand for 5 minutes at the top of every hour



Actions to try today

- Improve your sleep hygiene
- Discover your 'positive significant distraction'
- Take five deep breaths counting to five on each inhale and to five on each exhale



Actions to try today

- Forest walk
- Journal a positive experience
- Write down 5 things you are grateful for



Actions to try today



Take 5 is a mindfulness tool you can use anytime to stay in a Mindful Zone.

Step 1: Notice the Cue

Use cues in your environment to remind you to Take 5.



Step 2: Notice Something New

Respond to your cue by noticing something you hadn't paid attention to before.



Step 3: Notice the Body

Now, shift your focus to the body, and drop your attention into the feet. Press the feet into the floor as you lift and lengthen up the spine.



Step 4: Notice the Breath

Begin with one complete breath. Then, deepen and lengthen the breath. Finally, take five breaths in this way.



Step 5: Notice Now

Respond to what is present in this moment with a sense of openness, nonjudgment, and patience. Now you are ready to choose a wise step forward.



Professional self care strategies

- Set clear expectations of self and others
- Be open to help from others
- Share your feelings
- Make the most of non critical moments
- Find the humour
- 3 things a day rule



UBC Wellbeing Priority Areas + community care



Built and Natural Environments



Social Connection and Inclusion



Physical Activity



Mental Health and Resilience

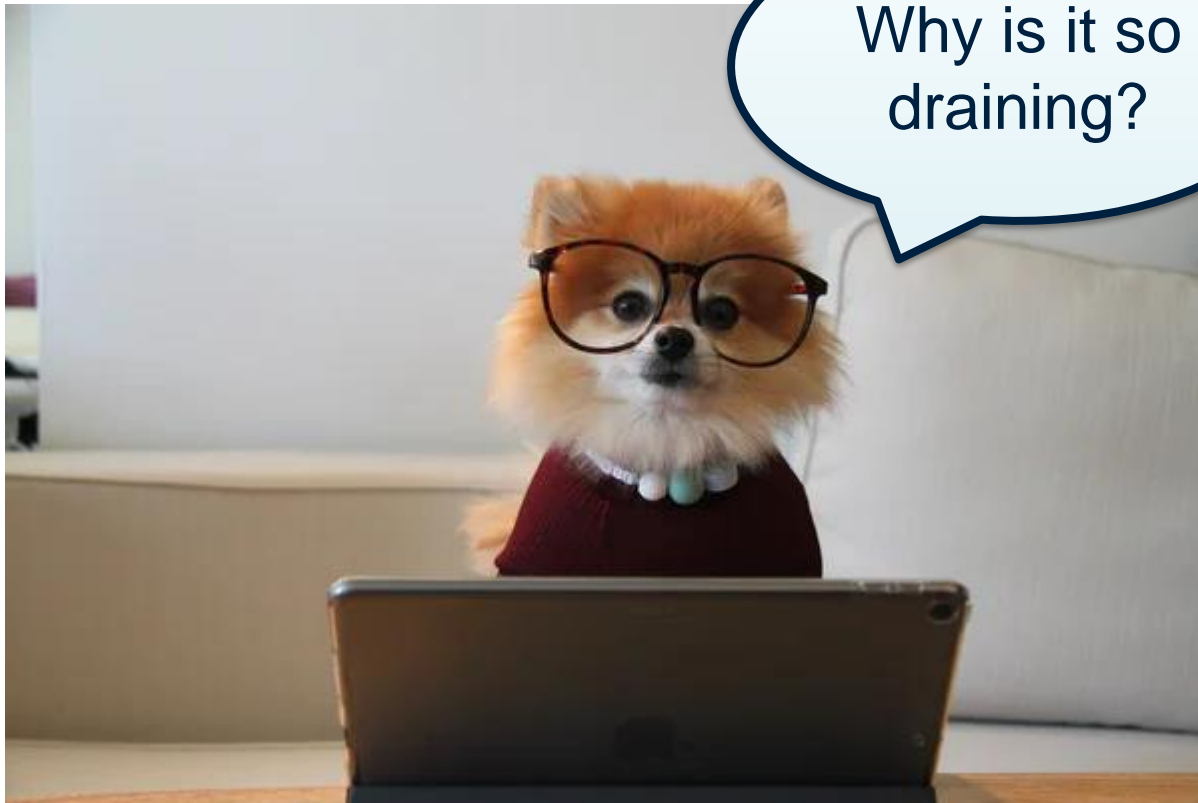


Food and Nutrition



Collaborative Leadership

Virtual fatigue is real



Finding balance in our virtual time

What's been working?

Tips to share?

- Walking meeting for 1:1's
- 45 minute meetings
- Protect calendar
- Invest in some social/informal time
- Phone call?
- Stretch in between calls*
- Time outs with family
- Stretching breaks in meetings
- Permission to step in/step out





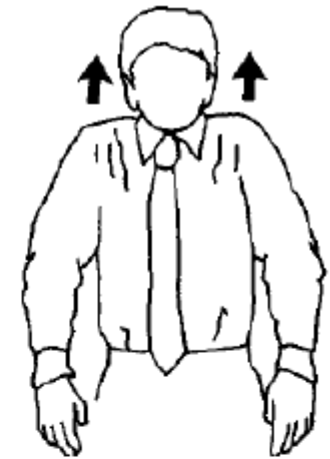
Neck Side Bend



Neck Rotation



Shoulder Retraction



Shoulder Shrugs



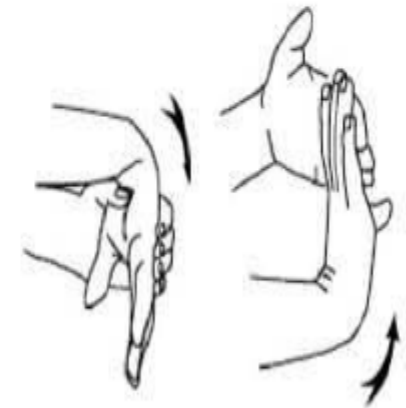
Shoulder & Rhomboid Stretch



Overhead Reach



Side Bend & Triceps Stretch



Wrist Flexor & Extensor Stretch

Photos courtesy of Shelter Pub Fitness Guides

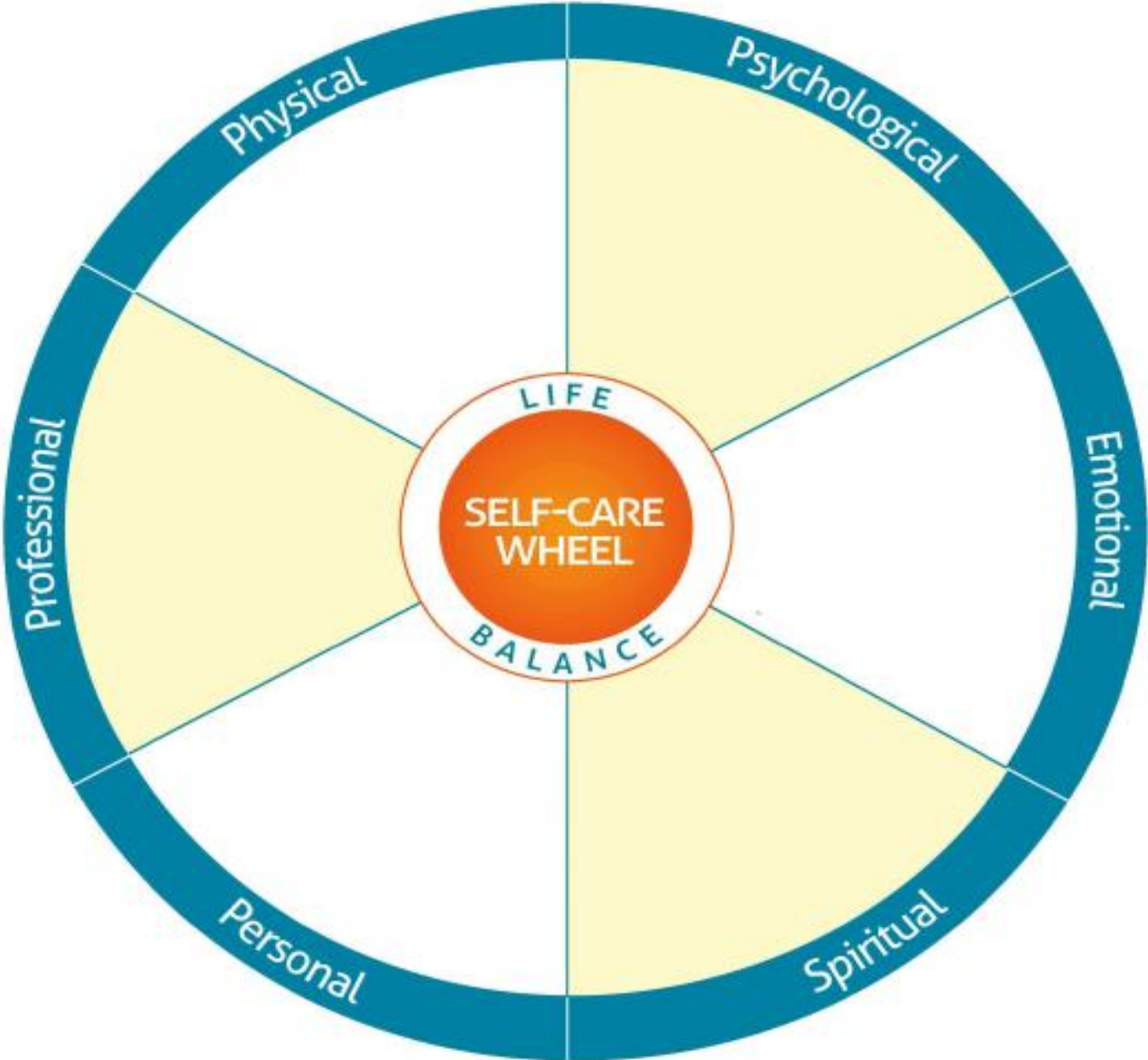
~ Move hourly ~ Hold each stretch for 20 seconds per side ~ Stretches should be pain free ~

Need to activate?



Try the
20 for 20 challenge

Life balance



Resources

- **UBC 30-Day Mindfulness Program**

www.hr.ubc.ca/wellbeing-benefits/living-well/mental-health/mindfulness-meditation/



- **Employee and Family Assistance Program- Morneau Shepell**

- **Extended Health Plan- Sun Life**

www.hr.ubc.ca/wellbeing-benefits

- **Wellbeing.ubc.ca**

References

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