LEARNING OUTCOMES

- Our fellow magicians will learn how job stress can affect their health and life balance
- Our fellow magicians will laugh and see the value of humor in the workplace
- Our fellow magicians will learn and be able to demonstrate healthy self care techniques
WHAT ARE SOME STRESSORS IN THE WORKPLACE?

- Required advising
- Increased expectations
- Many overrides/substitutions
- DKS burnout
- Office environment
- Emails/Phonecalls
- Deadlines
SIGNS & SYMPTOMS OF JOB STRESS

- Apathy
- Negativity/Cynicism
- Low morale
- Boredom
- Anxiety
- Frustration
- Fatigue
- Depression
- Alienation
- Anger/irritability
- Physical problems (head, stomach)
UNHEALTHY WAYS TO COPE WITH STRESS

- Drinkin’
- Gamblin’
- Overspendin’
- Poor eatin’ habits
- Lack of exercisin’
- Binge watchin’
- Excess social media

Forgot to do yoga yesterday. That makes it 6 years in a row now.
HEALTHY WAYS TO COPE WITH STRESS

- Hiking
- Biking
- Yoga
- Massage
- Photography
- Read
- Travel
- Music
16 SELF CARE STRATEGIES THAT WORK AT WORK

1. Identify stressors
2. Determine what you can control
3. Check your life balance
4. Set realistic goals
5. Reflect on your strengths
6. Strengthen your social resources
7. Create new meaning from work
8. Find humor in the workplace
9. Examine that diet
10. Get moving (leave the office!)
11. Stretch to relieve tension
12. Adjust your attitude
13. Make a shred list
14. Review what you value
15. Prioritize and set limits
16. Talk about it
The IMPACT program can assist with stress, anxiety, depression, child management, marital concerns, substance abuse, child or elder care, financial or legal matters.

Services are confidential and provided by credentialed professionals.

All faculty, staff, and their family members are eligible.

IMPACT provides up to six confidential counseling sessions, at no cost.

No limitations to telephonic or online resources provided by IMPACT or its comprehensive work/life website.

Visit www.MyIMPACTSolution.com, click "Member Login", and enter username KENT.

Reach IMPACT directly at 1-800-227-6007 24 hours a day, 365 days a year.
SELF CARE IN 127 ATB

- Respect, humor, autonomy, but still a team effort
- Comfortable work environment—low lighting, plants, music, Spider-man action figures, casual dress, end of semester lunches
- Flexibility with scheduling appointments
- Good communication with colleagues
- Understand life balance—parenting, personal/mental health days
- Support from staff, supervisor, student workers, each other
EVEN MORE SELF CARE STRATEGIES!

LET'S PRACTICE!

- Deep Breathing
- Guided Imagery/Visualization
- Progressive Muscle Relaxation
- Mindfulness Meditation

When you gotta compose yourself at work because physical violence is frowned upon
WHAT IS YOUR SELF CARE PLAN?

me: why do i feel terrible
brain: coffee is not a food group
brain: eat a vegetable
brain: sleep
me: guess we'll never know
brain: oh my god
THANK YOU!

References:


- My meme library