

# **Work/Life Balance and Mental Health: Coping Strategies to Maintain Your Sanity**

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# Learning Outcomes

- To recognize that self care leads to work/life balance
- To increase awareness of various coping strategies
- To develop an action plan to work towards work/life balance



# This Pandemic Is Stressful

- Global health crisis is real and pervasive
- Fear of contracting COVID
- Impact on relationships
- Impact on work
- Fewer resources available for self-care
- On top of all of our other concerns!





# Impact on Relationships

- Social isolation affects our ability to cope with and manage our feelings
- Hard to reach out to others virtually
- You may or may not like being stuck at home with your family
- Everyone is spread out around the country



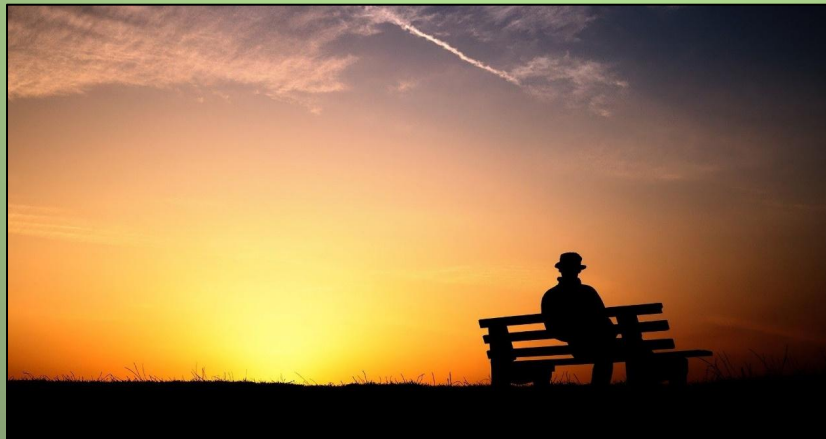
# Impact on Work

- Zoom fatigue is real
- Depression and anxiety impact our focus, motivation, concentration, and memory
- Procrastination – because avoidance is the most popular coping strategy when we are overwhelmed



# Fewer Resources for Self Care and Coping

- No one to do fun things with (and no fun things to do)
- Limited access to restaurants, movie theatres, concerts, and public venue events
- Limitations on travel to see places and people
- No one to talk to about what you're going through



# Symptoms of Depression

- Feelings of sadness, emptiness or hopelessness
- Irritability and frustration (over small matters)
- Loss of interest in most/all normal activities
- Sleep disturbances
- Tiredness and lack of energy
- Reduced appetite and weight loss
- Anxiety, agitation or restlessness
- Feelings of worthlessness or guilt





# Symptoms of Anxiety

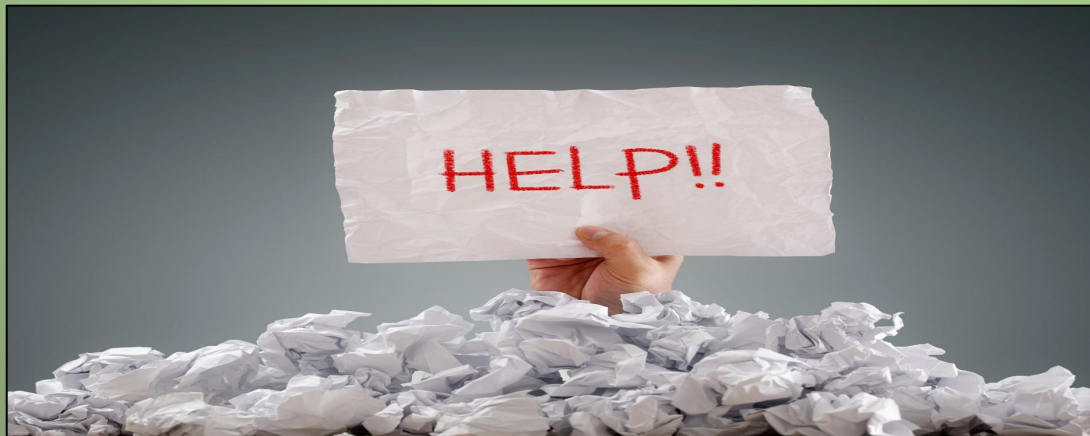
- Persistent worrying
- Overthinking plans and solutions
- Perceiving situations and events as threatening
- Difficulty handling uncertainty & concentrating
- Indecisiveness & fear of making wrong decision
- Inability to relax, feeling restless
- Fatigue, trouble sleeping, trembling, sweating
- Sweating and irritability



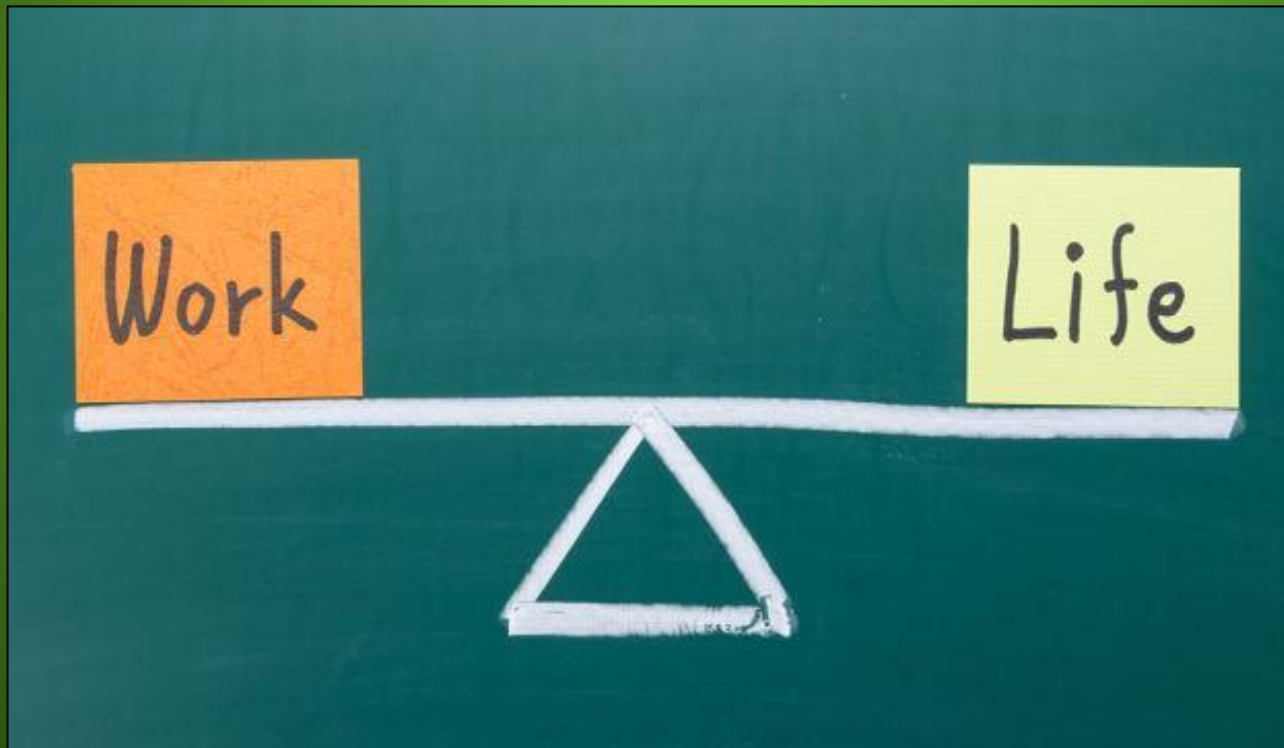


# Symptoms of Burnout

- Burnout is a reaction to prolonged or chronic job stress
- Characterized by:
  - Exhaustion
  - Cynicism
  - Feelings of reduced professional ability



# Is Work/Life Balance Possible?



# What Brings You Joy?



# What Keeps You Up at Night?





# Three “Buckets” of Time

- Work
- Family/friends
- “Discretionary”

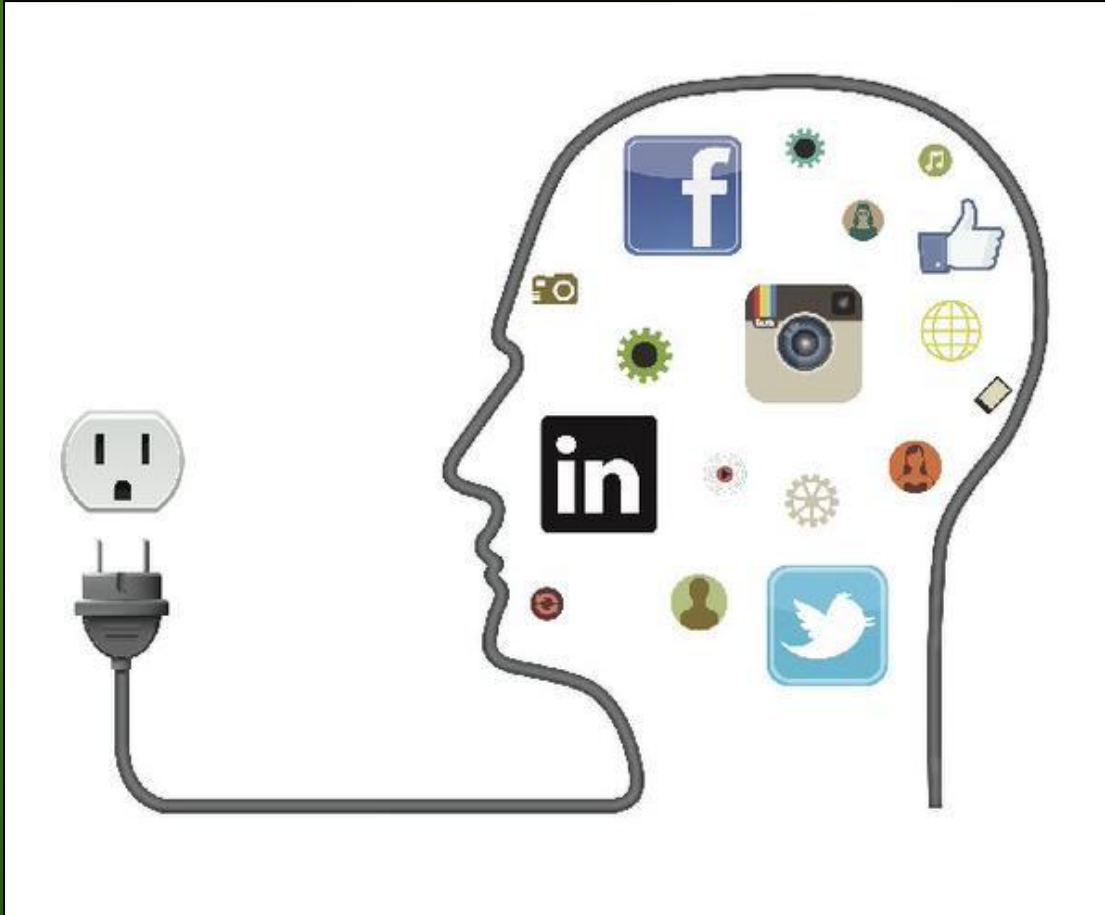
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# 10 Strategies to Maintain Sanity

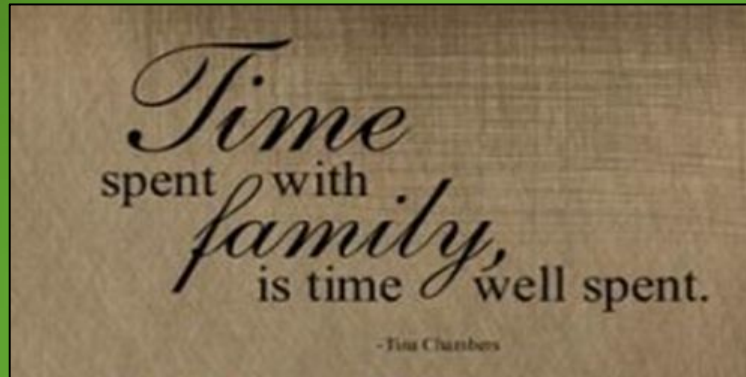


# Unplug, and Unplug Some More





# Actively Connect with Loved Ones





# Prioritize Your Health Holistically



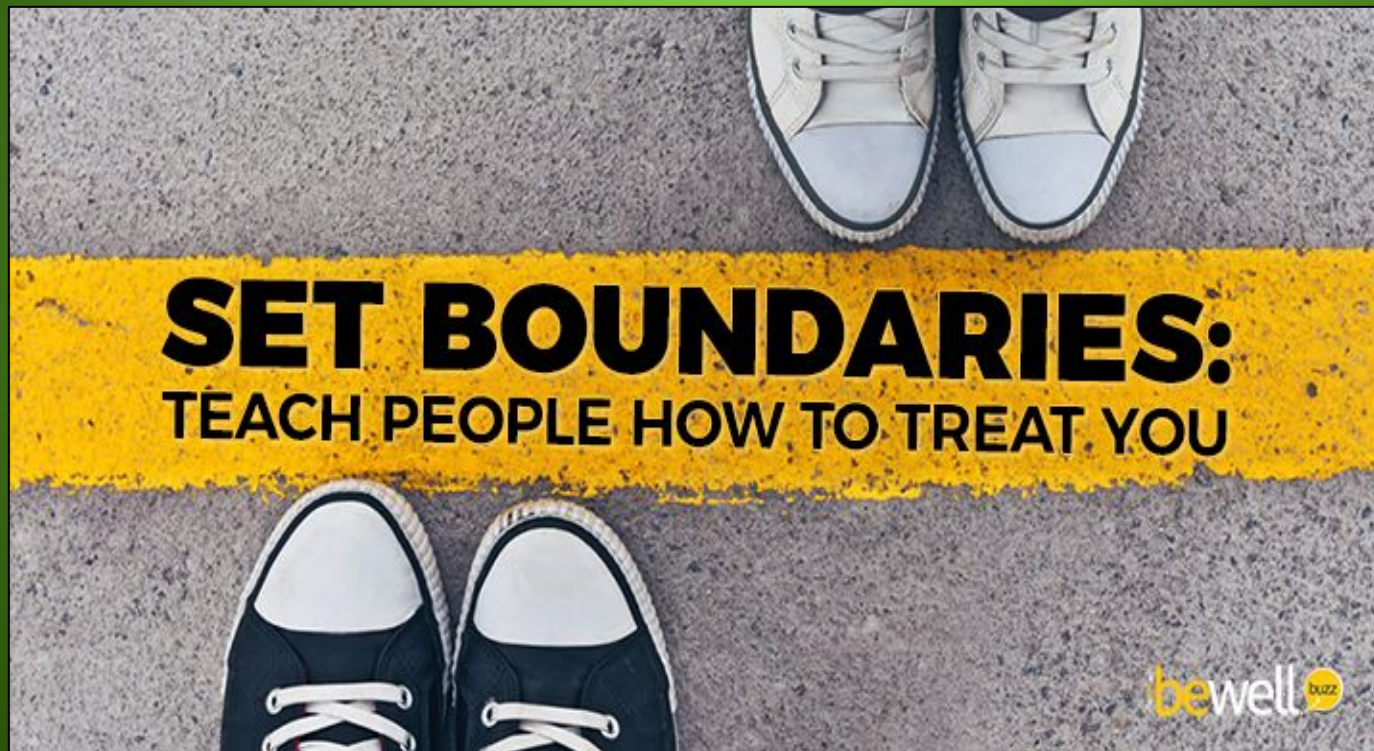
# Reassess Your Daily Habits

- Which ones to break?
- Which ones to start committing to?





# Set Boundaries at Work



# Take Lots of Breaks





# Limit Time-Wasting Activities & People



# Keep Yourself Organized





# Let Go of Perfectionism



# Find a Job You Love





# Final Reminder

