

MyLifeExpert.com

Life, Health, and You

May 2023

BALANCING LIFE AT WORK & HOME

Recognize that a balanced life is not just going to happen. If change is needed, you are going to have to initiate it. The first step in creating work-life balance is identifying what is important to you. Effective time management, more delegation, and improved efficiency are not strategies for achieving work-life balance. They are useful skills that can enhance your effectiveness, but developing and sustaining a work-life balance involves incorporating an ongoing program of self-care:

Create time for personal reflection.

Even if it is only 5 to 10 minutes, allow yourself a thoughtful quiet period every day to keep a journal, meditate, or read inspirational materials. Meditation is a restorative practice recommended by many professionals.

Maintain physical well-being.

Exercise regularly, eat nutritious meals, maintain a healthy body weight, and develop good sleep habits. In addition, consult with a primary care physician regularly.

Nurture your close relationships.

Make sure you carve out regular time to do so. If you have a partner, have an annual meeting or a weekend getaway specifically to talk about personal and relationship goals.

Join a group or develop friendships outside of work.

Interacting with people who are not in your field will give you a broader perspective on the world.

Foster a hobby or special interest.

Take time to do something that brings you joy. A solitary hobby like woodworking or watercolor painting doubles as a quiet time for personal reflection, and a cooking club or bowling league can lead to rewarding friendships and social interaction.

Source: nih.gov



Improving Occupational Wellness

The Occupational Wellness Dimension involves participating in activities that provide meaning and purpose and reflect personal values, interests, and beliefs, including employment:

- Are you involved in a career or volunteer work that fits your values? If retired, are you planning to do something every day?
- Do you have an open line of communication with your employer/ coworkers?
- Does your work offer personal satisfaction and stimulation, and allow you to contribute your talents, gifts, and knowledge?
- Do you schedule time for leisure? Are you spending time with friends, taking nature walks, scheduling massages, or doing whatever it takes to relax?
- Are you thinking about how you spend time each day and considering volunteer work in the community?
- Are you in a career that you look forward to and that gives you a sense of accomplishment and pride?
- Are you patting yourself on the back for your accomplishments?

Source: SAMHSA

May National Health Observances



Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

May is #WomensHealthMonth! Women have unique health concerns that could go unaddressed without special You can get started today with these helpful resources: <https://health.mil/Military-Health-Topics/Total-Force-Fitness/Preventive-Health/Womens-Health>

May 7th is #NationalFitnessDay! Get up and get your exercise on! Click here for helpful fitness tips to get started today: <https://health.mil/Military-Health-Topics/Total-Force-Fitness/Physical-Fitness>

May 25th is National Senior Health and Fitness Day! Getting older doesn't have to mean slowing down! This #NationalSeniorHealthandFitnessDay, get fit, and get going to achieve your health and wellness goals.

Mental Health Minute

Enhance Your Emotional Wellness

To develop a more positive mindset:

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

Source: [NIH - National Institutes of Health](https://www.nih.gov/health-topics/mental-health)



LIVE MONTHLY WEBINAR: A Balancing Act for the Work and Personal Life Seesaw

Date: 5/10/2023 | Time: 1:30 PM to 2:30 PM EST

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