

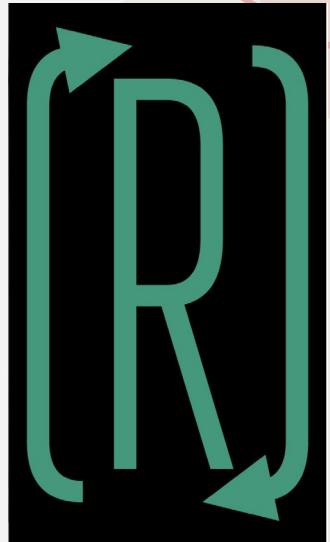
WORK-LIFE BALANCE The Struggle of Humanizing Ourselves

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She | Her | Hers

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WHY ME?



Self-Care: The ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

WORLD HEALTH ORGANIZATION

Work-Life Balance: Work-life balance refers to an equilibrium state, where one effectively balances work or career demands and those of their personal life. An individual who lacks a work-life balance has more work and home obligations, works longer hours, and lacks personal time.

MCLEAN,EMPLOYSURE

WHY are you REALLY working in this job?

Top

1

1

1

My family

money

To be able
to provide
the same
opportuniti
es that I had
to those
who may

New

0

0

1

0

0

0

my family

Pay the mortgage!

My family

Serve students!

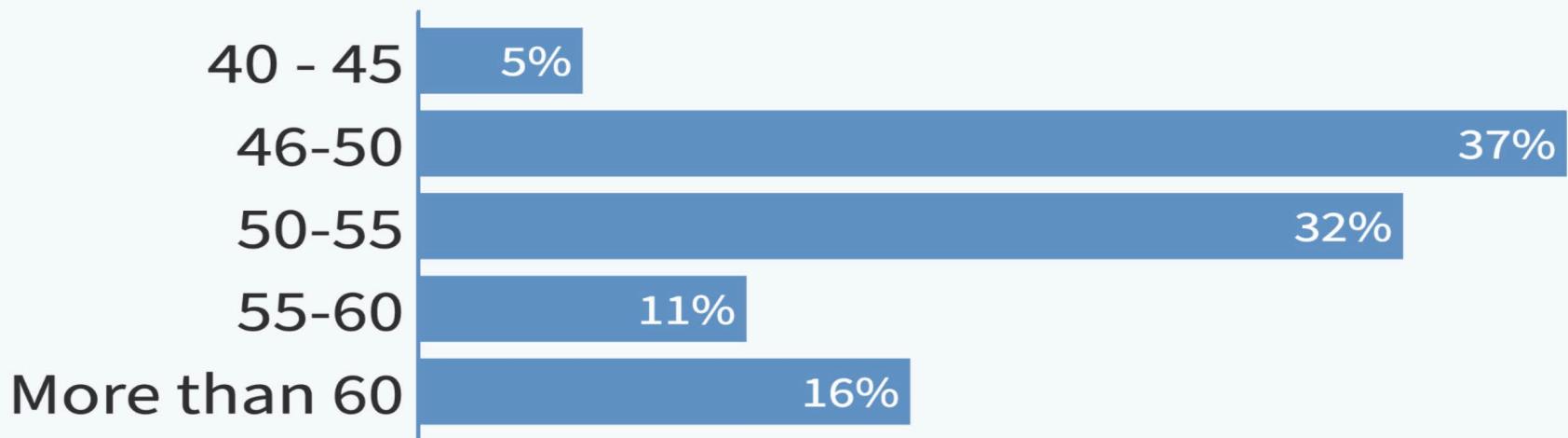
Health insurance

Make difference

🌐 When poll is active, respond at **PollEv.com/engageequity**

SMS Text **ENGAGEEQUITY** to **37607** once to join

How many hours do you work in the average week?



Why does it Matters?

YOUR HEALTH

Overwork Killed More Than 745,000 People In A Year, WHO Study Finds

May 17, 2021 · 12:05 PM ET

BILL CHAPPELL



Alarming new research shows that people working more than 54 hours a week are at major risk of dying from overwork. It's killing three-quarters of a million people each year.



Why do people overwork?



GROUP DISCUSSION

- What is the culture of work in your organization?
- Share with your group a time where you chose work over or through an important life moment.
 - How did that decision leave you feeling about yourself?
- Is there a connection?

EARLIEST MESSAGES

Share with your partner your earliest memories of messages you received, spoken or unspoken, about:

- What it meant to be a good worker
- Making a mistake
- What it meant to rest or relax
- What it meant to disagree or go against the grain

Self Exploration

- Where are there opportunities to be in better control of the quality of my life?
- Where can I better model for others work-life balance and self-care?
- Where do I need the most help in being more balance and practicing self-care?

What are some ways that you can practice self-care and work-life balance?

Top

- 1 Get together with friends
- 1 Take vacations
- 1 User your vacation time off

New

- 0 Designate specific times/days as family time or you time and communicate that with your boss.

- 0 Schedule it

Give yourself grace to

BEHAVIORAL COMMITMENT



What is **one** behavior you can commit to doing this week that will advance you toward better self-care and work-life balance?



thenapministry

...

Do less.

Watch how you
thrive.

The Nap Ministry

THANK YOU!