Work/Life Balance

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Overview

- What is a balanced life?
- Common excuses
- Consequences
- Motivation
- Benefits
Wheel of Life

Balanced

Unbalanced

Career, Home, Health, Spiritual, Financial, Social
Common Excuses

- Career (deadlines, agendas)
- Family (events, games)
- Financial (too expensive)
- Social (procrastination, peer pressure)
- Home (projects, maintenance)
Let Me Hear Your Body Talk

- Stress (Mental, Physical, Chemical)
- Lack of/Poor Sleep
- Fatigue
- Poor Health
- Hospitalization
- Chronic Disease
- Death
Motivation

90% of exercise is mental

Must consider current state a bad habit

We are born habit free

- Awareness
- Want/Commit to Change
- Consistent Action
- Perseverance

Part of a Balanced Life
Benefits

- Keep extra pounds off
- Improve Stamina
- Increase Brain activity
- Improve Immune System
- Reduce Stress
- Reduce risk of heart attack, stroke, diabetes
Adult Recommendations

- 2.5hrs of moderate exercise per week or 1.25hrs of vigorous exercise per week.
  - **Moderate**: brisk walking, aqua aerobics, dancing, and general gardening
  - **Vigorous**: Race or power walking, jogging, running, lap swimming, hiking uphill, jumping rope, Zumba

- Aerobic activity should last at least 10 minutes each session.
Question:
Which wheel will you choose?


References


