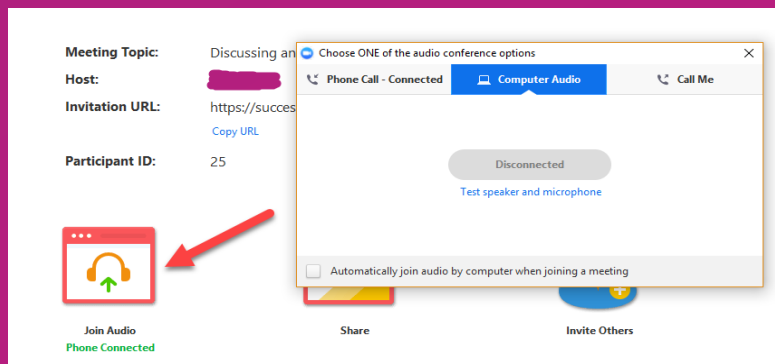




Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

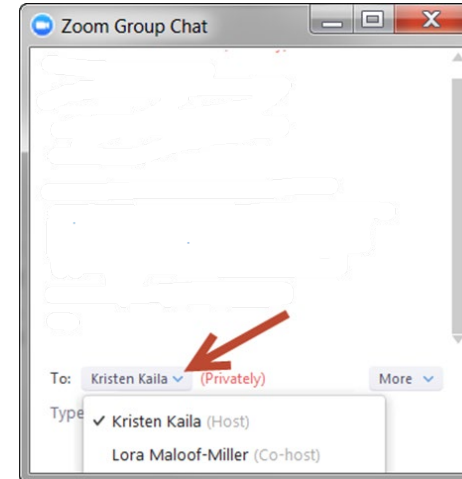
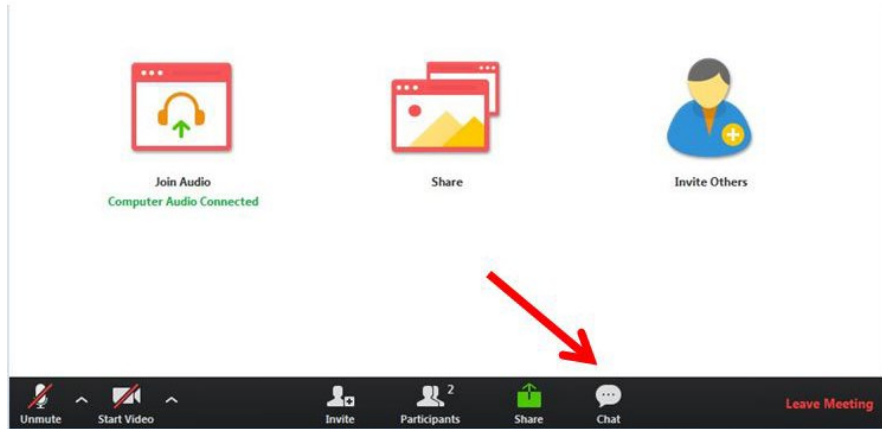
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 998 6454 6393

Chat function



Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



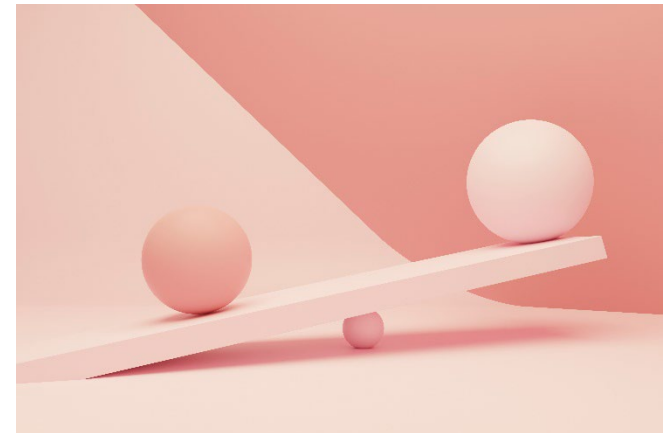
Work-Life Balance

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

Las dispositivas están disponibles en español si las solicita.

Overview

- Work and life – does it ever balance?
- Is work taking over your life?
- Make the most of your weekend
- The Flow of Work and Life – journey through a myStrength module
- Resources
- Tips for caregivers



True or False

My work life and my personal life will always balance.

Does work life and personal life ever balance?

The perfect ratio doesn't exist.

The quality of your personal life impacts your work life.

"If you're worried about your work-life balance, you're missing the point. There is just life, and your work is part of your life. That's it."

*Annastiina Hintsa
CEO, Hintsa Performance*



Is work taking over your life?

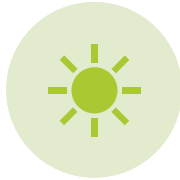
- Align our values with our priorities
- Set clear boundaries
- What do you value – make a list
- Most important roles and responsibilities
- Create a plan
- Self-awareness
- Time management/delegate
- Take breaks/work in bursts
- Be mindful of your boundaries
- Life happens



Make the Most of Your Weekend



Start with Friday night



Enjoy Saturday morning



Treat yourself



Schedule downtime



Set a Work-home boundary



Pick ONE high point



Cook an extra meal

Take Time Off Work – It's Good For You

Americans have been taking less vacations
When we take vacation, we check in with work

Vacation is good for you:

- Predictor of well-being and satisfaction with life
- It's relaxing
- Break = increased productivity



Bad news:

- *41% are checking into work while away*
- *84% of U.S. Executives have cancelled vacations in order to work.*

Good news:

- *64% of people say they are refreshed and excited to get back to work.*



The Flow of Work and Life

Steps to find our “flow” – true engagement in our professional and personal lives

A journey through a myStrength module.

Shaping Your Path – finding your flow



Doing It All



A New Phase In Life



Changing Together

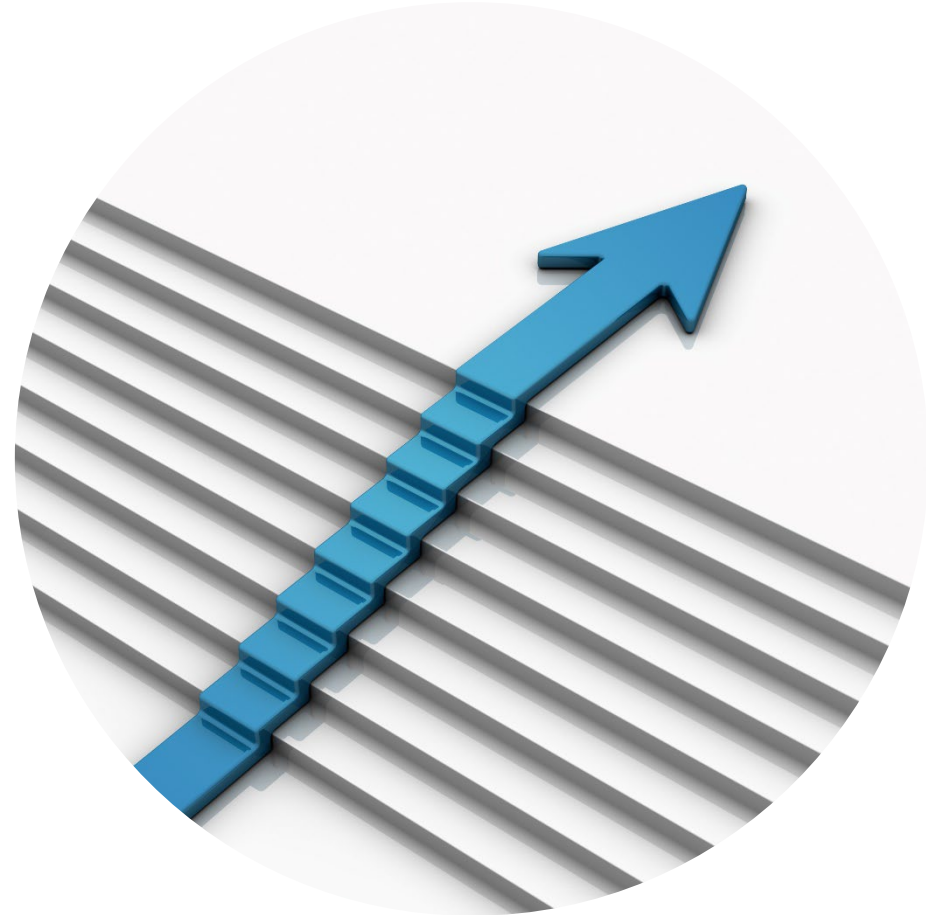


Dedicated and Distracted



Find Your Flow

- Define your values
- Manage your time
- Express your needs
- Be in the moment
- Take care of yourself



True or False

When we know our values, it can be easier to make decisions on what is important to us?

Your Values as guides

Relationships?

Good health?

Having fun?

Career?



Define Your Values

- Work and Education
- Relationships
- Personal Growth & Health
- Fun and Hobbies



Values in work and education

- Current position
- Career goals
- On-the-job training
- Formal education
- Informal education

Examples:

- Having a flexible schedule
- Being able to provide for your family
- Enjoying my work
- Making an impact with my work
- Reaching my goals



Values in personal growth

- Mental health
- Physical health
- Spiritual wellness



Examples:

- Improving my physical fitness
- Limiting stress
- Setting boundaries
- Being active in my place of worship
- Taking care of those in need

Values in relationships

- Your romantic partner
- Family
- Friends
- Colleagues
- Yourself



Examples:

- Honesty
- Loyalty
- Sharing interests
- Quality time
- Emotional support

True or False

Valuing fun and hobbies means you enjoy goofing off.

Values in fun and hobbies

This can include anything that you do for fun.



Examples:

- Experiencing new places and cultures
- Making things with my hands
- Learning new things
- Spending time in nature
- Giving back to the community

Adapted from https://web-ui.mystrength.livongo.com/activity/understanding_your_values

Start with a plan

Actionable
Measurable



Examples:

- Volunteer once a month
- Resolve an issue with a friend
- Schedule an appointment with my doctor

Adapted from https://web-ui.mystrength.livongo.com/activity/understanding_your_values

Make time for what counts

- ❖ Time for myself
- ❖ Have time for fun, family and friends
- ❖ Work on one thing at a time
- ❖ No longer feel rushed or chaotic
- ❖ Have more energy



Steps for time management

1. Set (and stick to) a schedule
2. Write down your to-do list
3. Prioritize your to-do list
4. Break down large tasks

5. Practice being mindful
6. Take breaks
7. Let go of perfectionism



Communicate Your Needs

We all need help from time to time.

Ask for what you need.

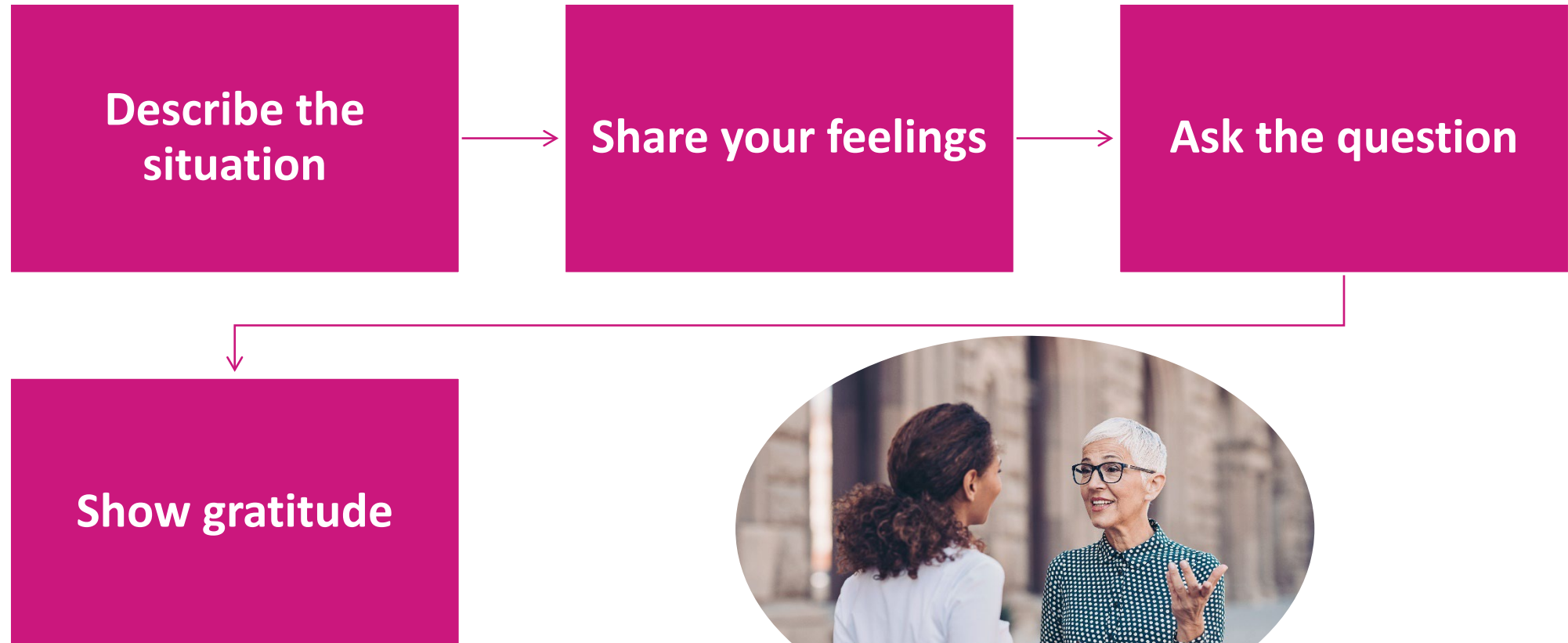
Where do you need help?



Is this you?

- I say yes to projects, even when I'm overwhelmed.
- I worry that if I give a task to someone else, they will mess it up.
- I think that if I refuse to take on a task, people will think less of me.
- I try not to let people see how overwhelmed I am.

Communicating Effectively and Respectfully



Adapted from https://web-ui.mystrength.livongo.com/activity/confident_and_respectful_asking

Stay in the Moment with Mindfulness

Doing one task at a time

Get into a state of flow

Enjoy the moment

Release judgment



Applying Mindfulness in everyday life

Mindfulness at
home

Mindfulness in
meetings

With the people
you're with

Self-Care isn't Selfish

The act of taking care of yourself

Make time for the things that make you happy

One small step at a time



Practicing Self-Care

Work on one area of self-care at a time.



PHYSICAL
HEALTH



EATING/DIET



SLEEP



EXERCISE

Find pleasure and meaning

Boost your mood

Find activities that are meaningful

Positive Impact on your well-being

Have a plan for stressful times



Call to Action

- Define and follow your values
- Effective time management
- We all need help – don't go it alone
- Practice mindfulness – stay in the moment
- Take care of yourself and do things you enjoy



Resources

Employee Assistance Programs- EAP

- Counselors can help with relationships, emotional distress, parenting, conflict resolution, grief and more.
- Work-life areas:
 - financial issues
 - legal issues
 - childcare
 - adult family care...and more



Tips for Caregivers

- Federal Family and Medical Leave Act/California Family Rights Act
- Paid Family Leave
- Area Agency on Aging (AAA)
- Focus on what you can do
- Local community resources
- In-home or out-of-home care



Nearly 60% of caregivers work outside of the home.

Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
 - anxiety, stress and depression
 - Alcohol and drug abuse
 - Pain management
 - PTSD and insomnia
 - Mindfulness



HN members can enroll at: mystrength.com/go/healthnet
Community members: www.mystrength.com Access Code: HNcommunity

Telephonic Support/Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

Healthy Discounts

With Decision Power[®] Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



Weight management

- Weight Watchers
- Jenny Craig



Chiropractic/ acupuncture services and more

ChooseHealthy



Eye care EyeMed



Hearing aids and screenings

- Connect Hearing
- Beltone



Fitness club discounts

ChooseHealthy

Online Health Challenges



Ongoing monthly challenges

Spring Clean Your Routine*

Sweet Dreams

Better Balance

Eat the Rainbow

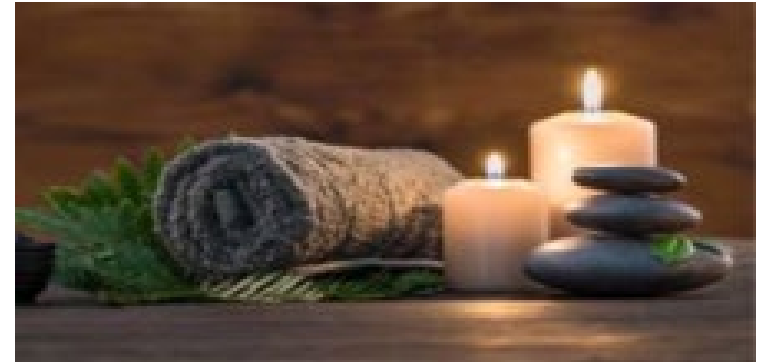
Spring into Action*

***90-day challenge (March-May)**



May Health Challenge

Live Mindfully



Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



Upcoming Wellness Webinar

Mental Health in the Wake of Covid-19

May 17th

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
