



TOTAL WELLBEING EXPO

Virtual Event:

Work, Life & Wellness: Finding Balance to Thrive

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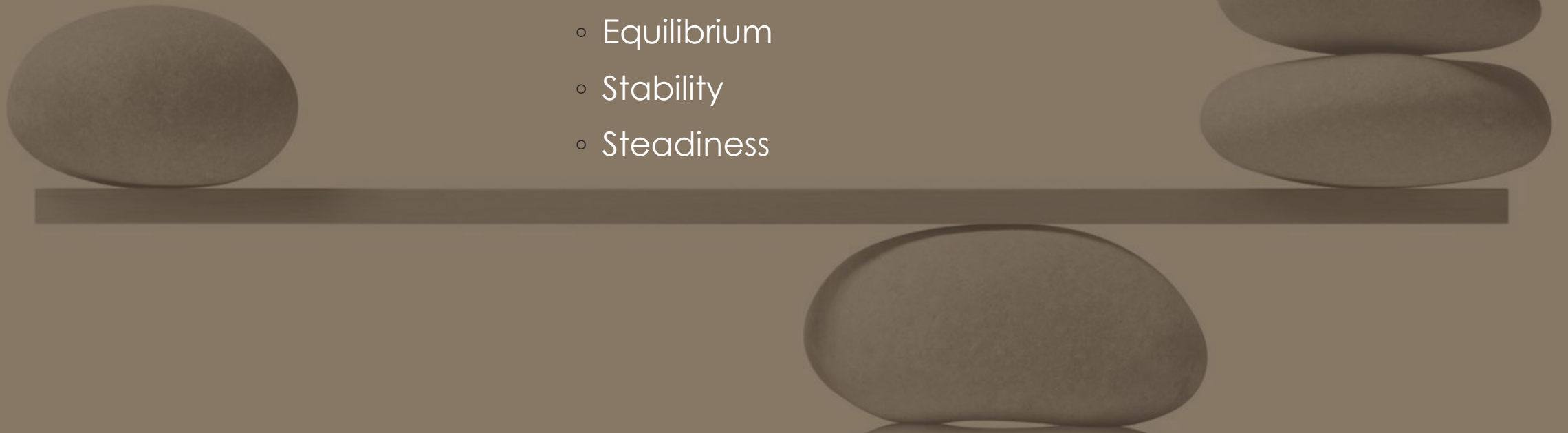
UNC Health DevelopMe Leadership Coach

Health Education Manager

UNC Wellness Centers

Balance: Is it possible?

- Equilibrium
- Stability
- Steadiness



TODAY'S AGENDA



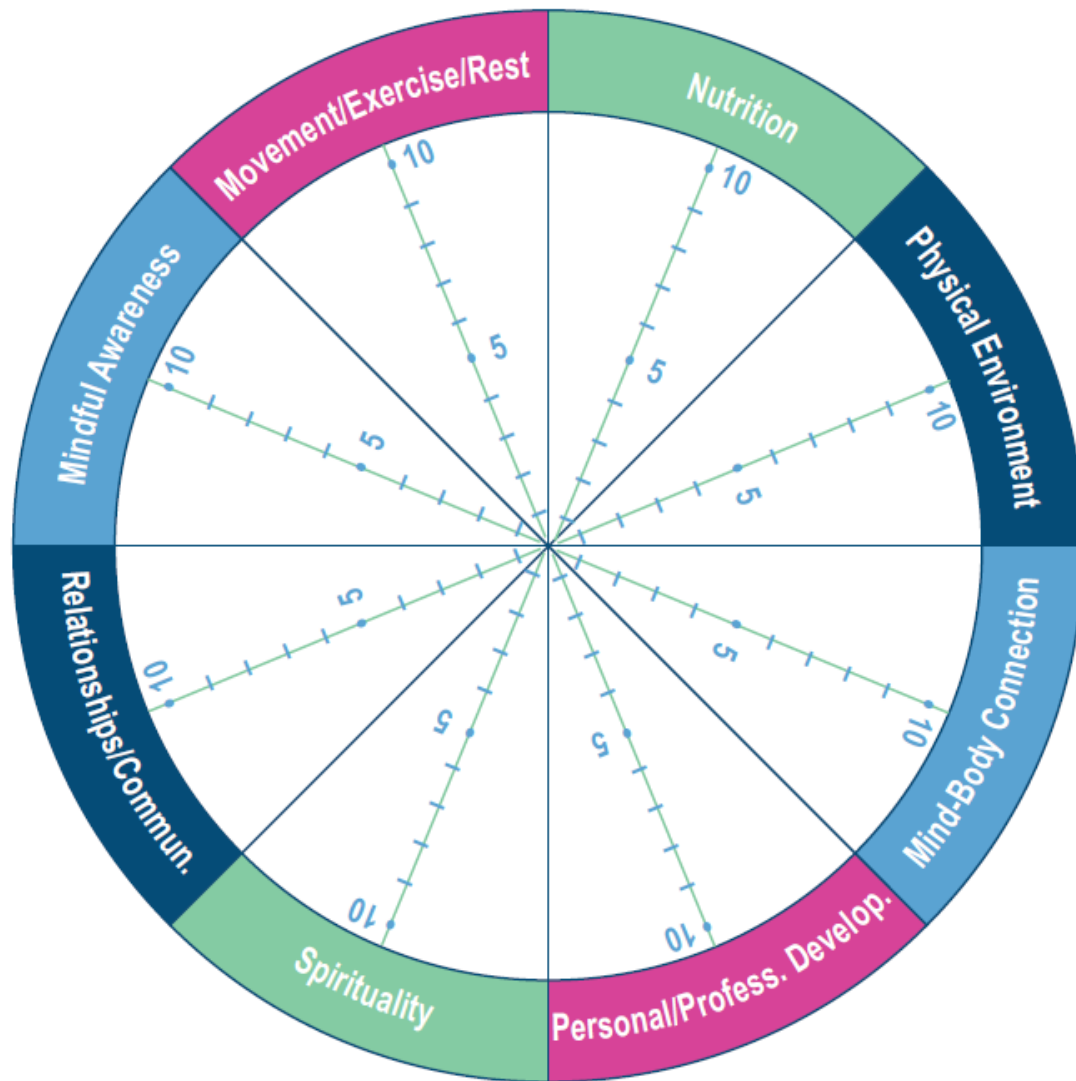
Well-being wheel review



How to thrive



Decide non-negotiables



Thrive

To prosper; Flourish

To grow or develop in a healthy or vigorous way, **especially as the result of a particularly favorable environment**

How to Thrive

- Establish a Well Foundation
- Live your values
- Activate your Goals

Establish a Well Foundation



PHYSICAL

Sleep
Movement
Healthy food/drink
Rest



EMOTIONAL

Stress management
Forgiveness
Gratitude/optimism
Kindness



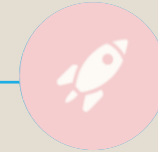
SOCIAL

Boundaries
Loving connection
Communication
Time together



SPIRITUAL

Meditation
Nature
Journaling
Sacred space



WORK

Time mgmt.
Positive workplace
Learning/growth
Boundaries

Live Your Values

Accomplishment	Emotional health	Joy	Romance
Absence of Pain	Environment	Leadership	Safety
Abundance	Excellence	Loyalty	Security
Achievement	Family	Nature	Self-care
Adventure	Flexibility	Openness	Self-expression
Altruism	Freedom	Orderliness	Self-mastery
Autonomy	Friendship	Personal growth	Self-protection
Avoidance of conflict	Fulfillment	Partnership	Self-realization
Beauty	Fun	Physical appearance	Sensuality
Clarity	Holistic Living	Power	Service
Commitment	Honesty	Privacy	Spirituality
Community	Humor	Professionalism	Trust
Connecting to others	Integrity	Recognition	Truth
Creativity	Intimacy	Respect	Vitality

Boundaries to protect your values

To protect your precious time

For people to know the real you;
preferences, likes, dislikes, limits

Protects your energy, your health, your
emotional safety, and relationships

Supports your self-esteem

Reduces resentment (what are you
tolerating?)

Examples of how to say no

"I can't make it on Thursday but hope it's an awesome time!"

"I don't have the bandwidth to help with your project right now."

"I have decided to keep my Sundays open for family/volunteer/ solo time so I will have to say no but appreciate you thinking of me."

"Thank you for thinking of me but I won't be able to make the party."

"I have to say no to dinner, but it's always a Yes to you friend, how about lunch next Saturday?"



Activate Your Goals

- Own the identity by **SHOWING** what you value with your actions
- Self-efficacy builds when you act and take a small step forward
- Follow Habit Success Plan

Non-negotiables

What must you do to nurture yourself
each day?



Reduces cognitive load



Positive habits free up energy and space for other things



Create an environment that supports the habit



Own the identity that supports the habit

Why and How of Habits

Habit Success Plan

1

Make it
easy (2
minute rule)

2

Make it
attractive

3

Make it
rewarding

4

Habit
tracking

Clear and concise

I will
(BEHAVIOR) at
(TIME) in
(LOCATION)

After I
[CURRENT
HABIT], I will
[NEW HABIT]



BIG IDEA:

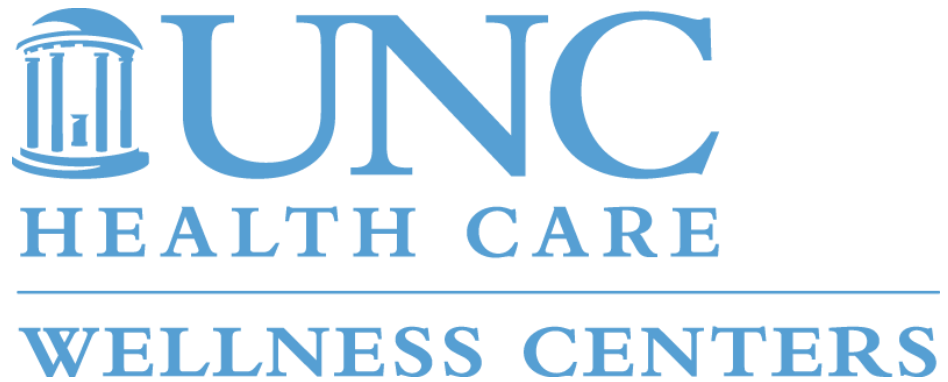
You get to choose what a balanced life looks like for YOU.

Journaling Questions

What do you need to say no to in order to live out your values?

What "ritual" or non-negotiable would make a difference?

How will you know you are moving towards better balance?



UNC Wellness Centers Resources

- [Health Education Schedule - UNC Wellness](#)
- [UNC Wellness Centers - Meadowmont, NW Cary](#)
- [REX Wellness Centers | Raleigh, Cary, Knightdale, Wakefield, NC \(rexhealth.com\)](#)



Join UNC Wellness or Rex Wellness Centers Today!

Visit one of our **six convenient locations** and find out how you can get your body moving and start feeling your best!

Enjoy amenities including pools, group fitness classes and knowledgeable teammates to support your wellness journey.

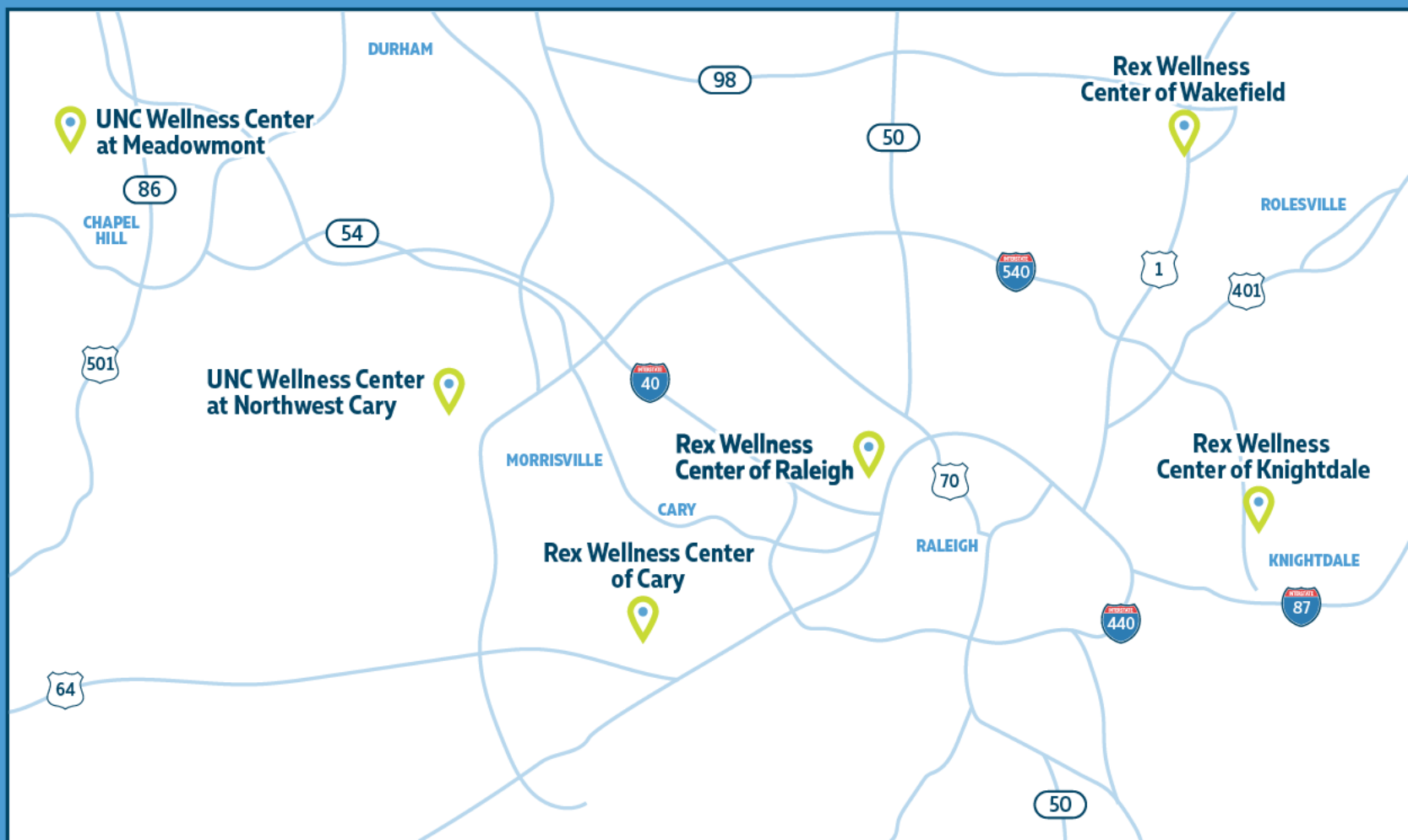
UNC Health teammates - ask about discounted rates! **Learn more:**



UNC Wellness Centers



Rex Wellness Centers



Resources/References

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- Wissing, M.P. (2021). Important goals, meanings and relationships in flourishing and languishing states: towards patterns of well-being. *Applied Research in Quality of Life*, Vol. 16.



THANK YOU

Connect with me on LinkedIn: <https://tinyurl.com/julieqmcnamara1>





Thank you for attending!

