TOTAL WELLBEING EXPO

Virtual Event:
Work, Life & Wellness: Finding Balance to Thrive

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Balance: Is it possible?

- Equilibrium
- Stability
- Steadiness

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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

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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?
Why and How of Habits

- 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
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:

[QR Code for UNC Wellness Centers]
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Resources/References

- Atomic Habits summary: https://www.optimize.me/pn/atomic-habits-james-clear
THANK YOU

Connect with me on LinkedIn: https://tinyurl.com/julieqmcnamara1
Thank you for attending!