

# What's up doc?

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WorkLifeBalanceCentre

# 10 years of research

Work is an important source of self-esteem and happiness

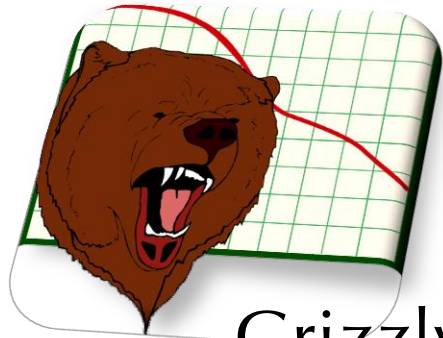
But work related stress is a problem

- The demands placed upon us exceed our ability to cope

The early symptoms of stress often go unnoticed

- Sleeplessness
- Fatigue
- Irritability
- Concentration issues
- Head/neck pain

# Be aware of ...



Grizzly Bears



Headless chickens



Zombies

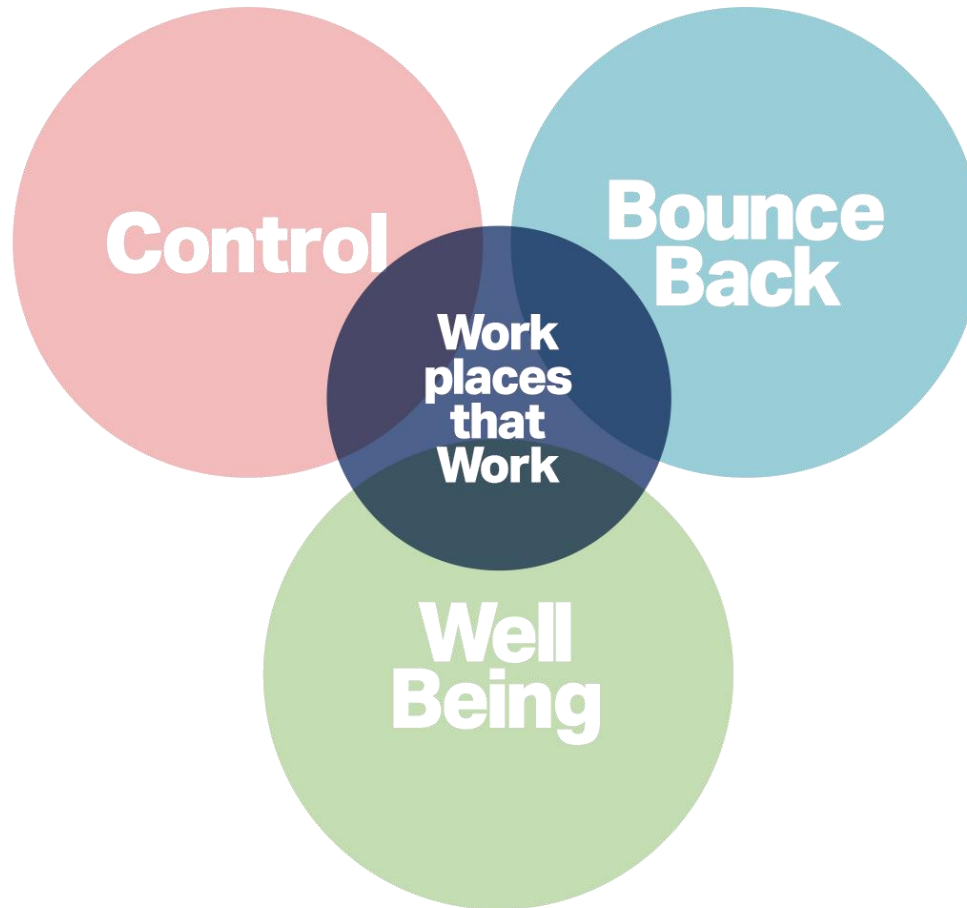


Brain Freeze



Fire fighters

# Creating workplaces that really work



# Feeling greater control

Receiving

Impossible

Being right, reject change

A victim

Reactive most of the time

Narrow focus - short time span

Fire fighting

Driving

Manageable

Learning and changing

In control

Proactive most of the time

Wider focus - short, medium and long

Working a plan

# Improving wellbeing

Active process not passive – you need to work on it

Cannot run a car on empty – fill before warning light

You are what you think - mindfulness

Even a small amount of regular prevention helps

# Developing bounce back

Paradox of change

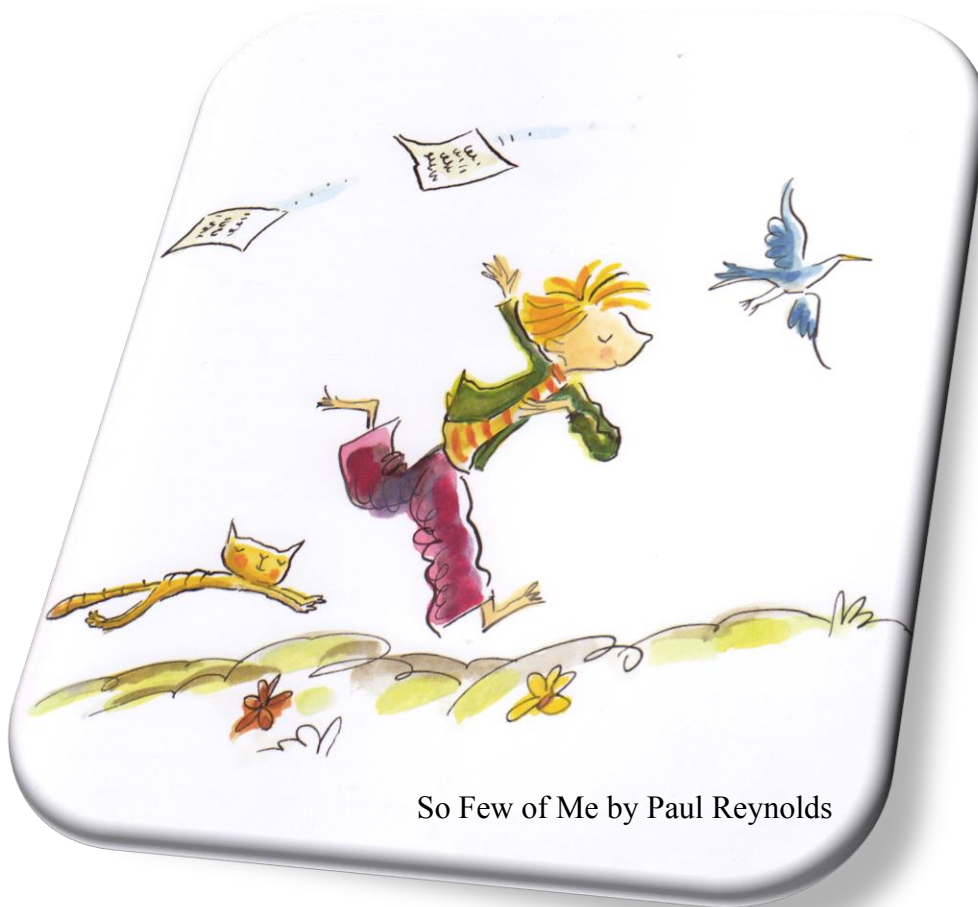
Accepting vs denial

How you view the past matters

Tackling culture



# And finally ...



So Few of Me by Paul Reynolds

And Leo wondered:  
“What if I did less  
but did my best ...

Then one Leo is all I  
need.

Just me. Just one ...  
with time to dream!