WORK-LIFE BALANCE RESOURCES I HAVE FOUND HELPFUL

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Articles:

"How to Say No Instead of Being a Person-pleaser" http://www.personalbrandingblog.com/how-to-say-no-instead-of-being-a-person-pleaser/

"4 Ways to Manage a Heavy Workload and Still Stay Sane" http://fortune.com/2016/11/02/work-life-balance-women-business/

- Know yourself & act accordingly
- Plan
- Ask for help
- Let Go

"The Surprising Way To Protect Yourself From Burnout" by Michael Lee Stallard

- Connect yourself
- Connect with others outside of work
- Connect with colleagues and customers

Books/resources:

The Andrew Weil Audio Collection https://www.amazon.com/Andrew-Weil-Audio-Collection-Meditation/dp/1564559491/sr=11-1/qid=1167323864 The Andrew Weil Audio Collection includes these two insightful sessions: Breathing: The Master Key to Self Healing - http://www.drweil.com/health-wellness/balanced-living/

"The Language of Letting Go" or any book by Melody Beattie. "Keep the life in your life."

http://melodybeattie.com/category/daily-meditations/

Websites:

http://smartbrief.com/original/2016/10/surprising-way-protect-yourself-burnout?utm_source=brief Connection is key

http://connectionculture.com/100-ways-to-connect/ Free e-book

Apps:

Daylio (mood monitor) I turn to this not only to log moods and activities, but if my mood is down, opening up the app reminds me of all the ways I can bring myself back up.

Headspace So many resources and worth the subscription.

MyCalmBeat (simple breathing training)

Fabulous (for starting new, good habits)

Example meditations:

Ocean Meditation

Have you been to the beach and see the ocean recently?

You can always access this memory to help you relax. Use previous breathing techniques and think about the color of the water, the sound it makes, how cool it feels, and all the sensations you might feel as if you were there. Spend a minute on each sense. Can you taste the salt in the air or feel the cool mist on your face?

Just as waves come and go, ebb and flow, so can stressful moments if we take the time to clear our minds, accept what we can change and what we can't, and let go.

Additional Resources

Lawyers with Depression http://www.lawyerswithdepression.com/

The American Association of Suicidology (AAS) http://www.suicidology.org/

The American Foundation for Suicide Prevention https://www.afsp.org/

National Institute for Mental Health https://www.nimh.nih.gov/index.shtml

ABA Commission on Lawyer Assistance Programs www.americanbar.org/groups/lawyer_assistance.html

- Local Hospital Emergency Rooms
- Local Police – "Well-Being Checks"
- Local Mental Health Centers/Clinics
- Local Mental Health Associations
- Chaplains/Pastors
- Private therapists and psychiatrists
- University Counseling Services
- Materials from this Presentation

The surprising way to protect yourself from burnout

Michael Lee Stallard October 31, 2016 https://www.michaelleestallard.com/category/career-advice-2, Download free copies of the 28-page "100 Ways to Connect" e-book. He is president of E Pluribus Partners co-founder ofConnectionCulture.com and author, most recently, of "Connection Culture: The Competitive Advantage of Shared Identity, Empathy and Understanding at Work." Sign up at no cost to receive his 28-page "100 Ways to Connect" ebook.

Burnout and the Importance of Connection https://www.michaelleestallard.com/burn-importance-connection