

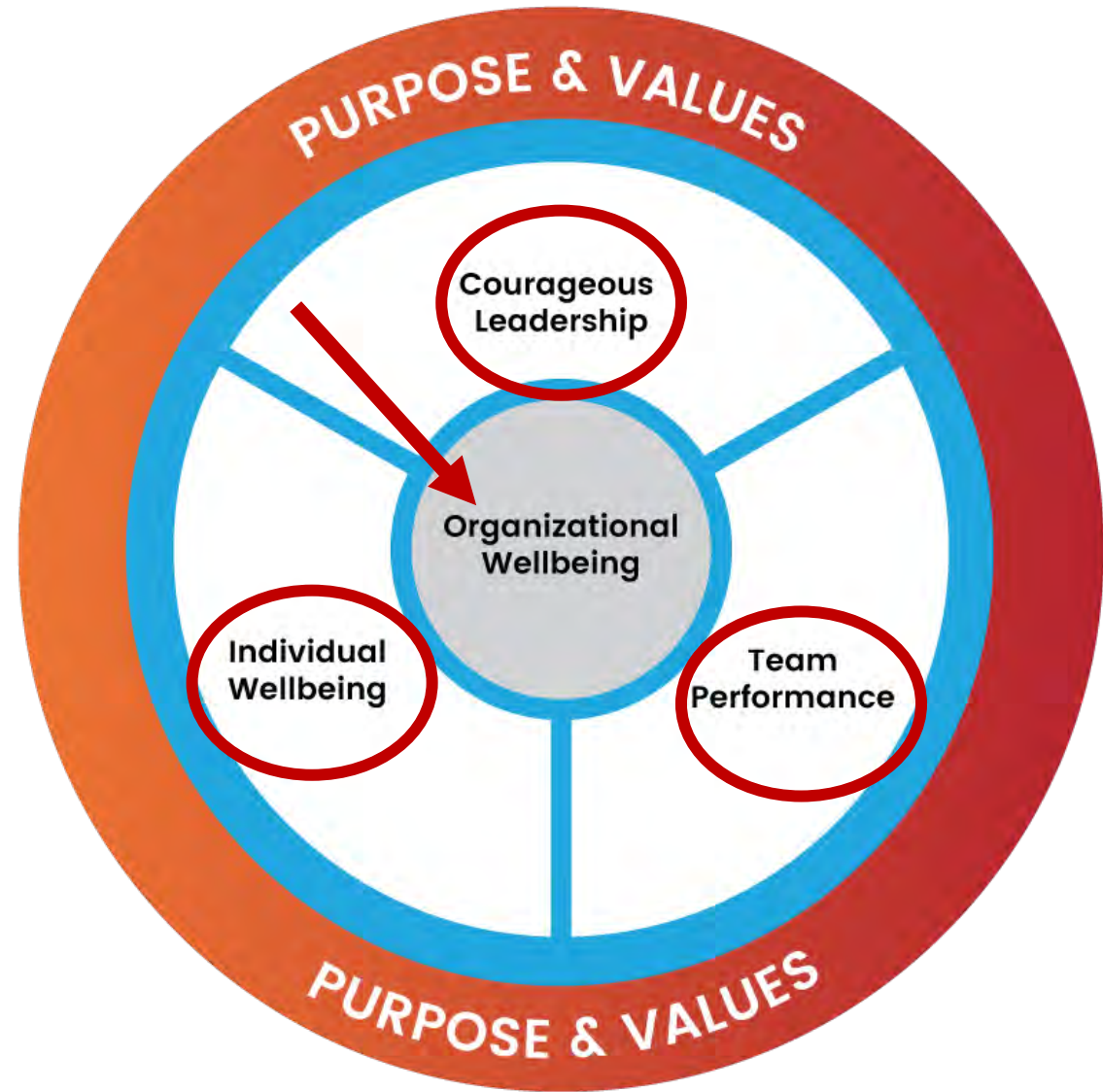


Work & Life Integration

The Hustle Without the
Burnout

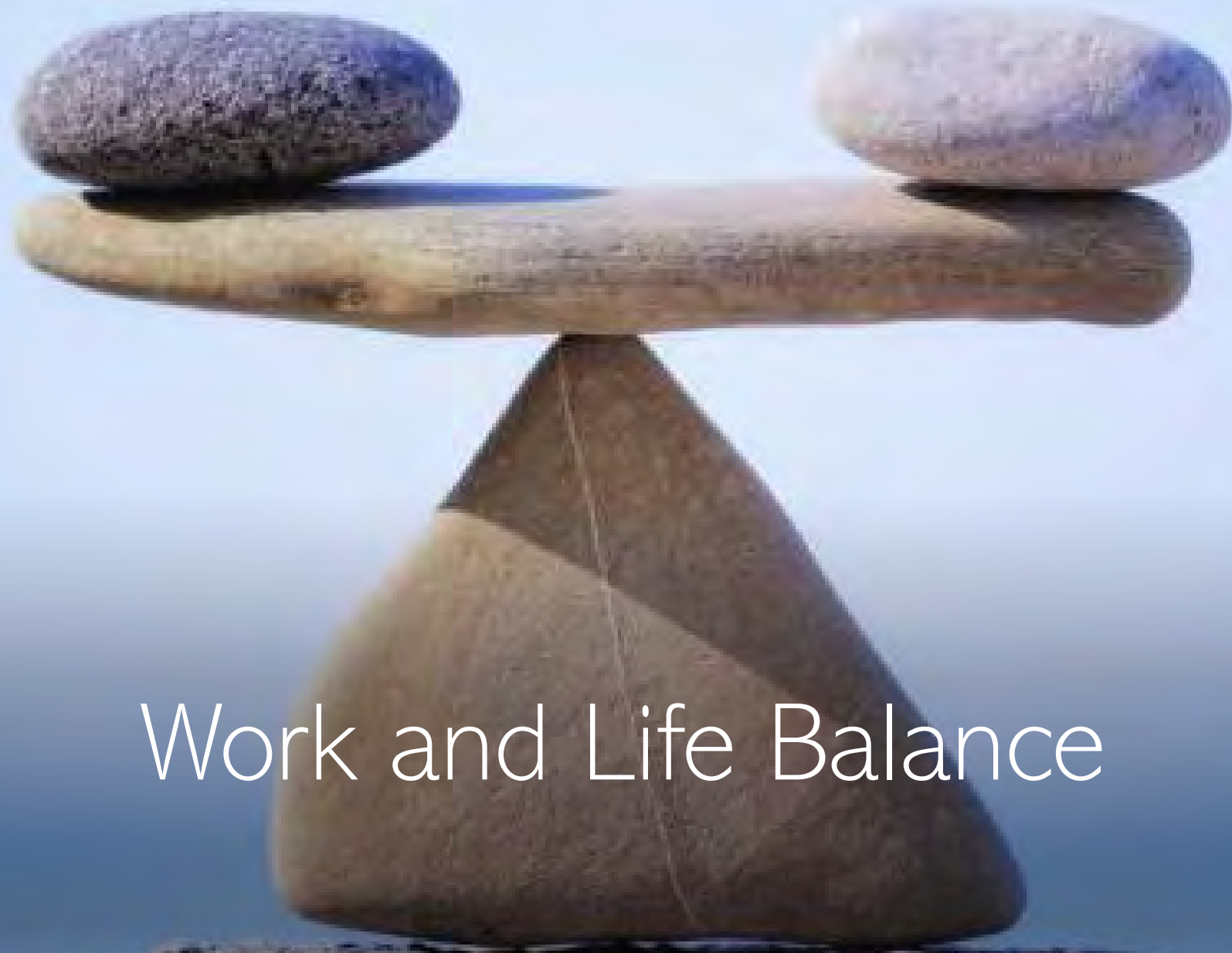


Natalie Johnson, MS



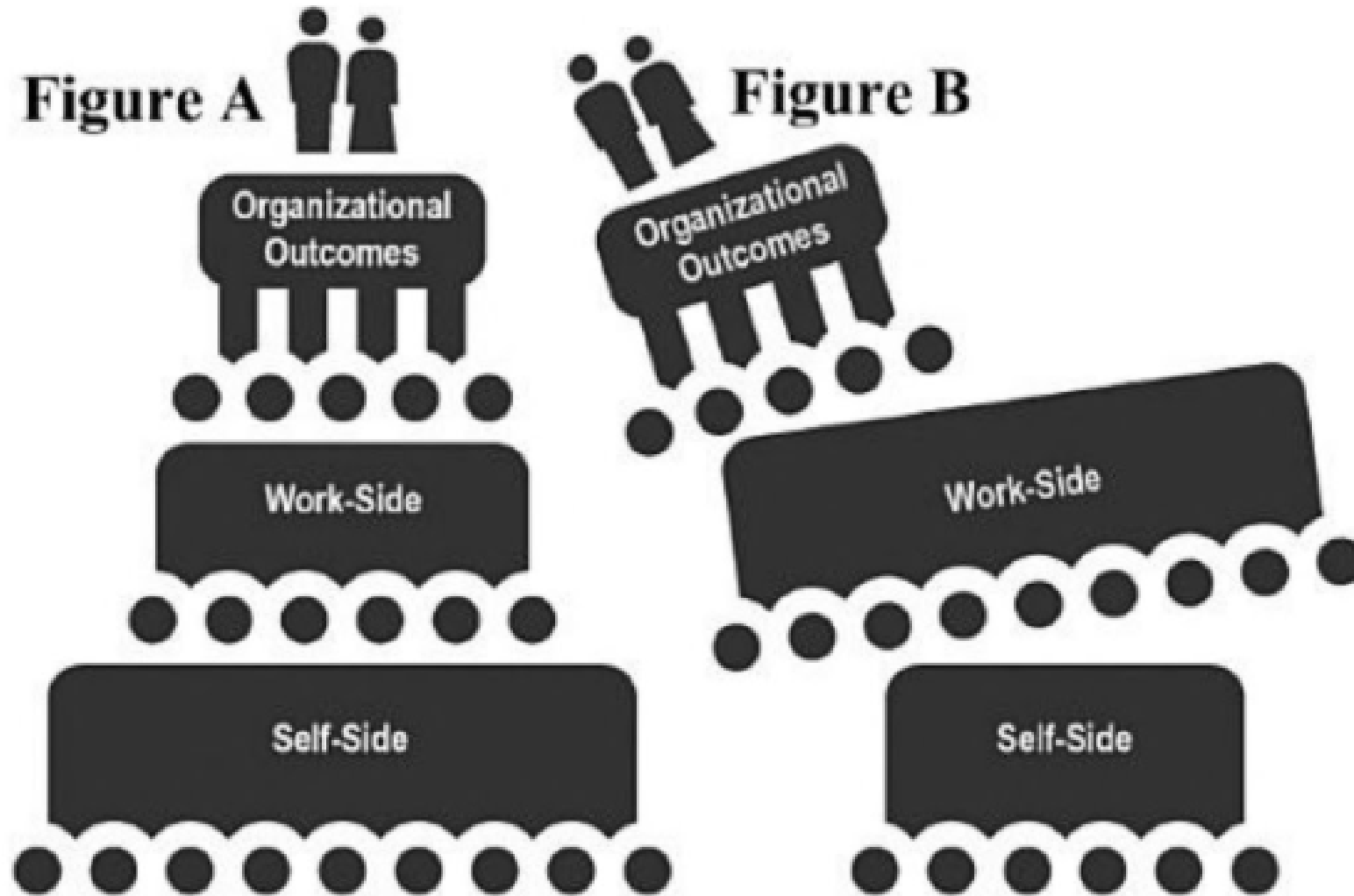
Engagement Rules

- Be comfortable: Stand up, move, stretch, walk around
- Lean into the conversation (It might get a little uncomfortable)
- Vegas Rules
- Move distractions (phone, work, notifications, etc.)
- Pen to paper (worksheet)



Work and Life Balance





Gratitude to: C. Stephen Byrum, Ph.D. for his work and development of this idea (www.judgmentindex.com) and to Salveo Partners for the adaptation of this figure (www.SalveoPartners.com) © All rights reserved.

Inner Operating System



Accountability
Achievement
Adaptability
Adventure
Authenticity
Balance
Belonging
Collaboration
Community
Creativity
Wellbeing
Confidence
Connection
Courage
Creativity
Curiosity
Diversity
Efficiency
Energy

Ethics
Equality
Fairness
Faith
Family
Financial Stability
Forgiveness
Fun
Generosity
Gratitude
Grace
Growth
Health
Hope
Humor
Inclusion
Integrity
Joy
Kindness

Leadership
Learning
Legacy
Love
Loyalty
Nature
Optimism
Patience
Perseverance
Power
Wisdom
Presence
Recognition
Reliability
Resourcefulness
Respect
Risk taking
Self discipline
Self Respect

Service
Spirituality
Success
Teamwork
Tradition
Trust
Truth
Uniqueness
Vision
Vulnerability





Purpose

My Best Self Vision



Best Self Vision

How do you live
into your values?

How do you lead
(home or work)?

How do you show
up as a friend?

What are emotions
that are present?

How do you treat
others?

How do you show
up for your pets or
hobbies?

How do you
communicate?

What word(s)
describe you when
you are at your
best?

How do you show
up as a partner?

How would you like
others to describe
you?



The Truth:

What percentage of the time
does my best self show up?



Who are the people and
things that deserve your
best self?



Who are the people and
things that don't ?



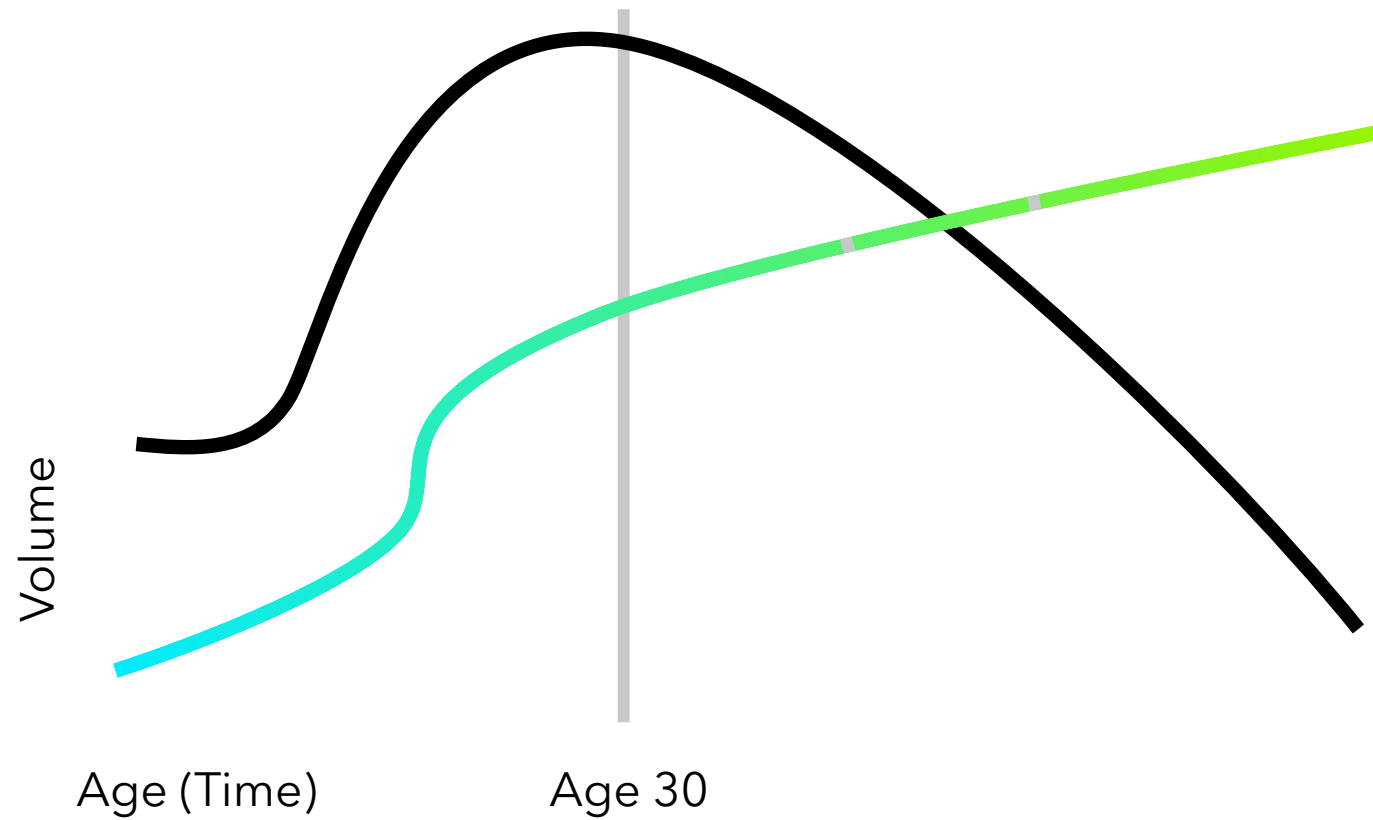
Energy vs Time



Our Physiology

Capacity

Demand





Spiritual: Force



Physical:
Quantity



Emotional:
Quality



Mental
Focus

Train



Intention and
Attention



Quality not
Quantity



Create
consistency to
improve
quality or
quantity



Create
inconsistency

Physical Energy: Quantity



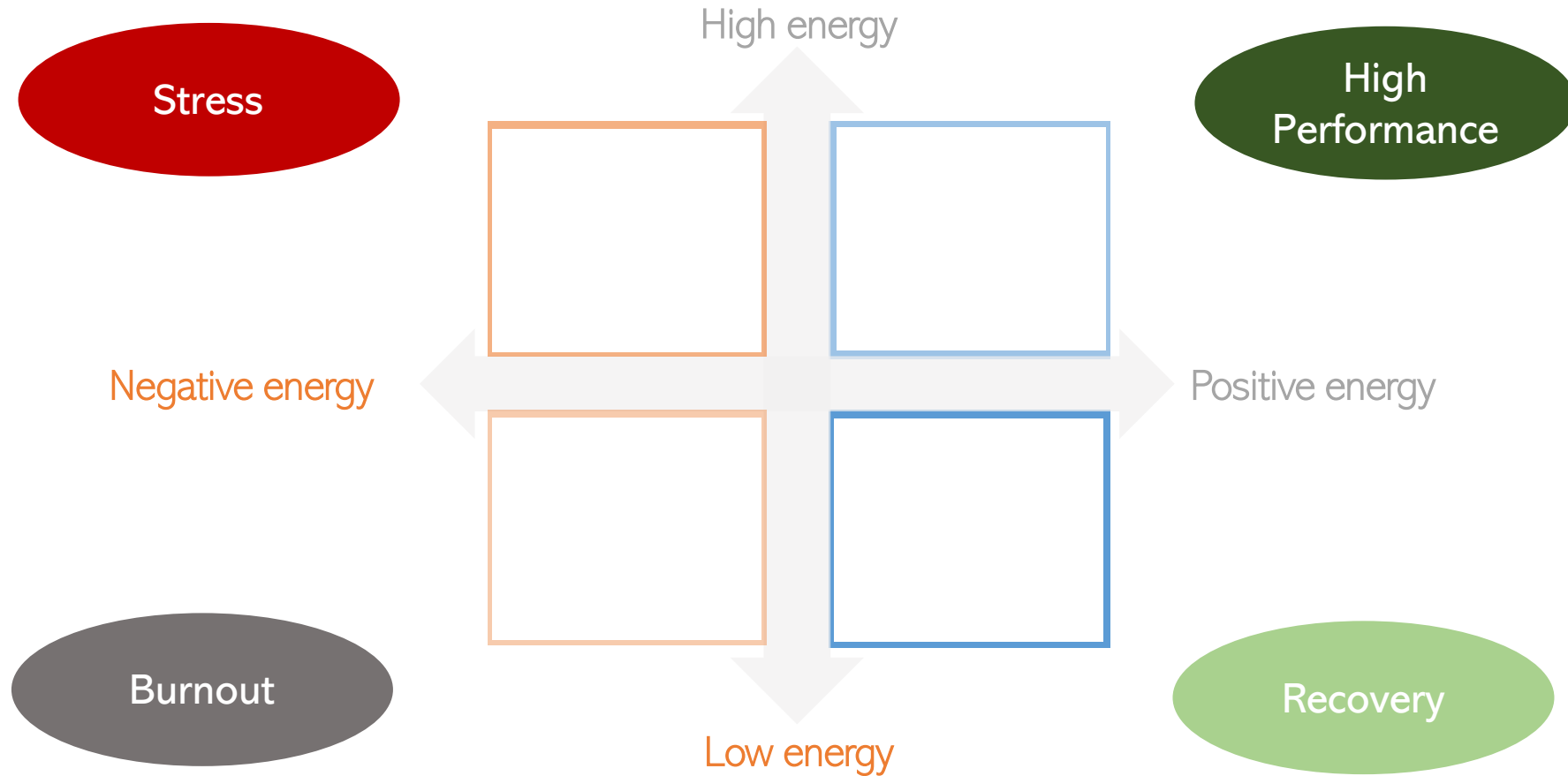


Movement Break

Emotional Energy: Quality



Emotional Energy Quadrants



Emotional Energy Recovery Strategies

- Move or go for a walk/exercise
- Practice Gratitude
- Laughter
- Deep Breathing
- Compliment someone
- Call someone you love
- Play with your pet(s)
- Plan your vacation
- Read for fun
- Take a nap
- Get outside or change environment
- Journal
- Talk to a friend
- Shop?
- Clean?
- Yardwork?

Just Breathe





**GRATITUDE
CHANGES
EVERYTHING**



Mental Energy: Focus

Storytelling





Stress

Cognitive Reframing

Creates a
different way of
looking at a
situation by
creating a
different meaning


A person's
perception
depends on the
way in which
they frame it







- What opportunity does this stress provide?
- Will you gain any strengths from this experience?
- Does this stress allow you to connect with people you normally would not?
- Does this stress teach you how to be more emotionally resilient in the future?
- Does this stress offer an opportunity to be closer to important people in your life?
- Does this stress remind you of what's most important in your life?
- Will you learn any new skills from this stress?
- What are the positive outcomes of this stress?
- Will this stress help you to help others?



Upgrade our inner operating system- Create a best self vision that is supported by personal values and clarify who deserves best self from us.

Identify strategies to train physically to increase the probability of best self showing up when it matters.

Create emotional awareness and regulation by using the emotional energy quadrants.

Identify the stories that are not serving best self and skillfully retell our story using cognitive reframing.

A top-down view of a wooden desk. In the center is a white sheet of paper with a rectangular box at the top containing the text "My one big thing...". To the left of the paper is a white cup of dark coffee. Above the cup is a small potted succulent. To the right of the paper is a portion of a white keyboard, a white mouse, and two black pens.

My one big thing...

thank you!



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