



Creating a Work-Life Balance for Better Mental Health

Shawn Knight (Virginia High School League)

Kelley Haney (Virginia High School League)



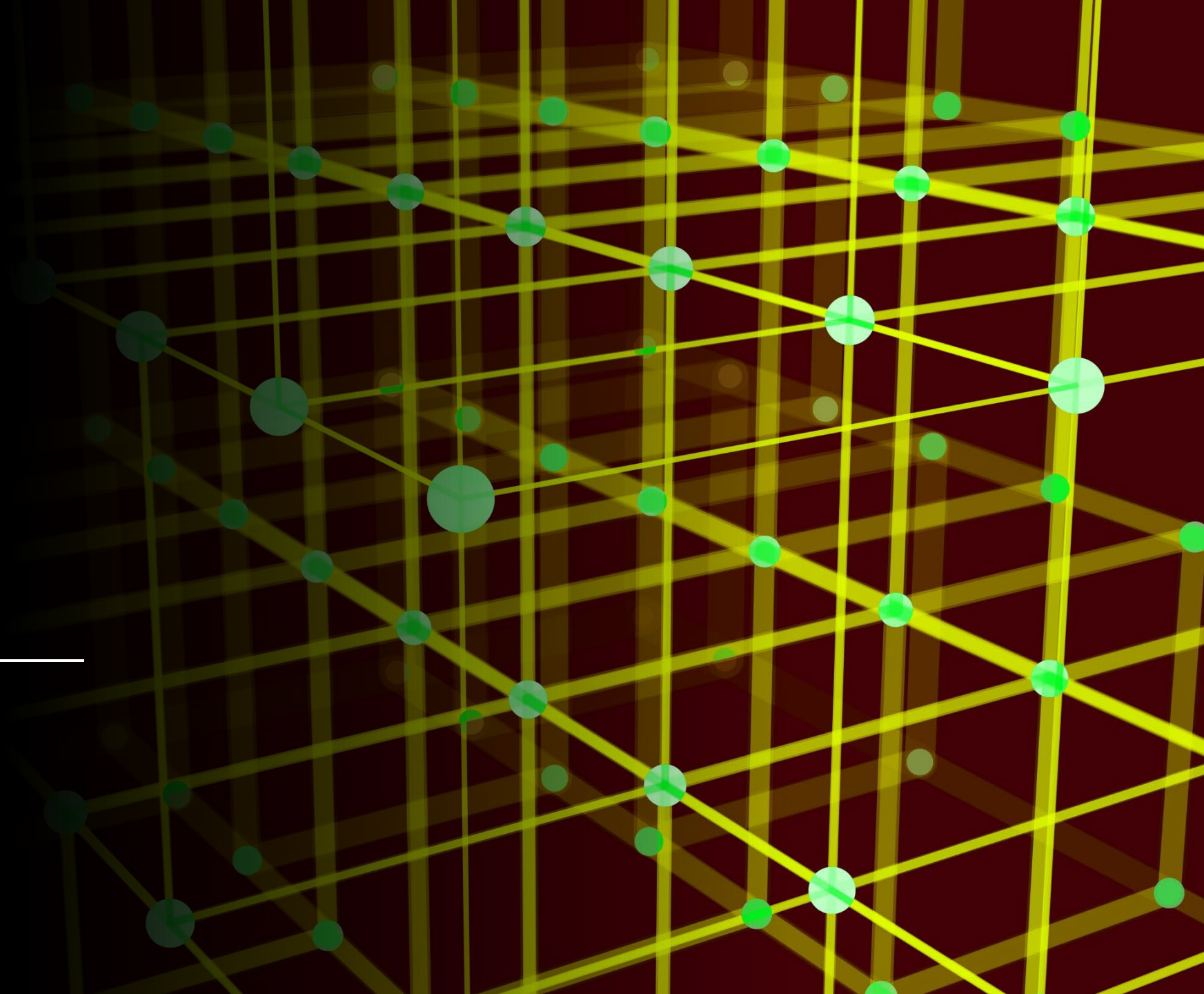
Maintaining
Work-Life Balance!



Maintaining
Work-Life Balance!



Boundaries





Manage
Stress and
Crises
Effectively

Manage Stress & Crises Effectively



The Mayo Clinic Four A's of Stress Relief



<https://newsnetwork.mayoclinic.org/discussion/mayo-mindfulness-try-the-4-as-for-stress-relief/>

4 A's of Stress Relief

Avoid

- Take control of your surroundings
- Avoid people who bother you
- Learn to say, “No”
- Ditch part of your (To-Do) list

4 A's of Stress Relief

Alter

- Respectfully ask others to change their behavior
- Communicate your feelings openly
- Manage your time better (Lump similar tasks)
- State limits in advance (I have 5 mins. For this)

4 A's of Stress Relief

ACCEPT

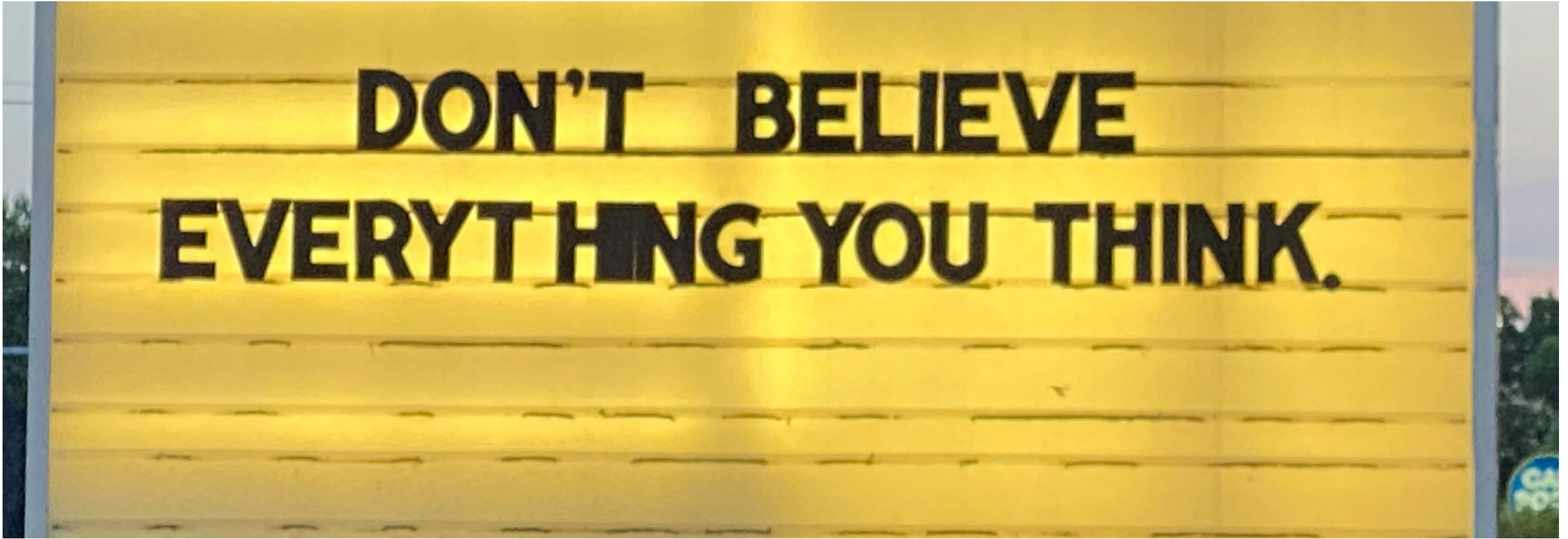
- Talk to someone (Stress Buddy)
- Forgive (takes too much energy to be angry)
- Practice positive self-talk ("I AM LIFE")
- Learn from your mistakes

4 A's of Stress Relief

Adapt

- Adjust your standards
- Practice “thought-stopping”
- Reframe the issue
- Adopt a mantra
- Create an assets column
- Look at “the Big Picture”

Thought-Stopping



**DON'T BELIEVE
EVERYTHING YOU THINK.**

A photograph of a yellow sign with horizontal slats. The sign features the text "DON'T BELIEVE EVERYTHING YOU THINK." in bold, black, sans-serif capital letters. The sign is mounted on a metal frame, and a portion of a blue circular sign with the number "35" is visible in the bottom right corner.



Exercise

Research is revealing how physical activity can reduce and even ward off depression, anxiety and other psychological ailments

Sabbaticals



Professional Mental Health Support



Persons in high-stress, service-oriented professions often struggle to recognize the value of mental health services for themselves.



Gratitude

Attitude of
Gratitude

