

How did the week go for you?

Did you use any strategies to nurture yourself?

What positive impacts did you notice from using new tools and strategies?

Stress and Resilience in a COVID World

5-part Webinar Series



Team Members

Dianne Christensen, MS
Bernalillo County FCS Agent

Suzanne DeVos-Cole, MLA
Mora County Agent

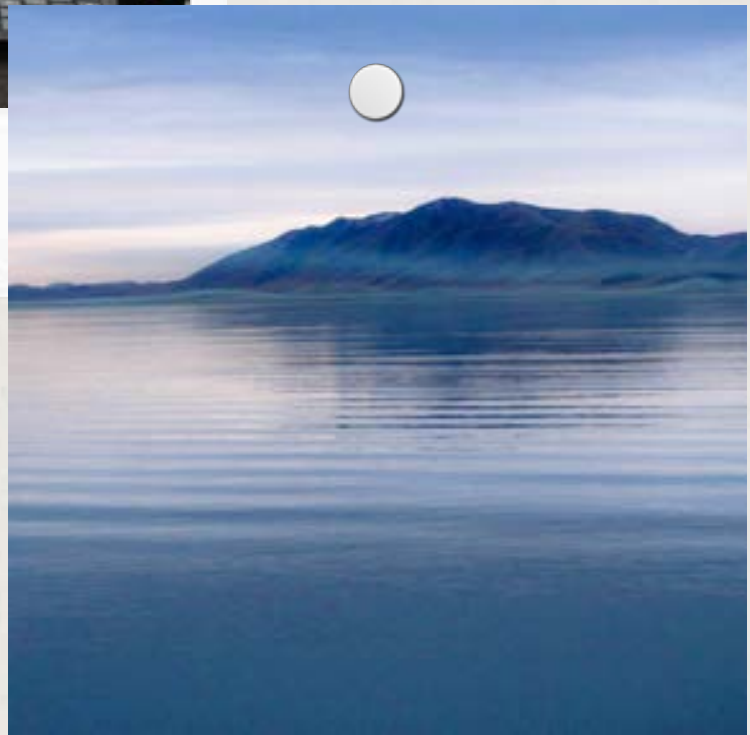
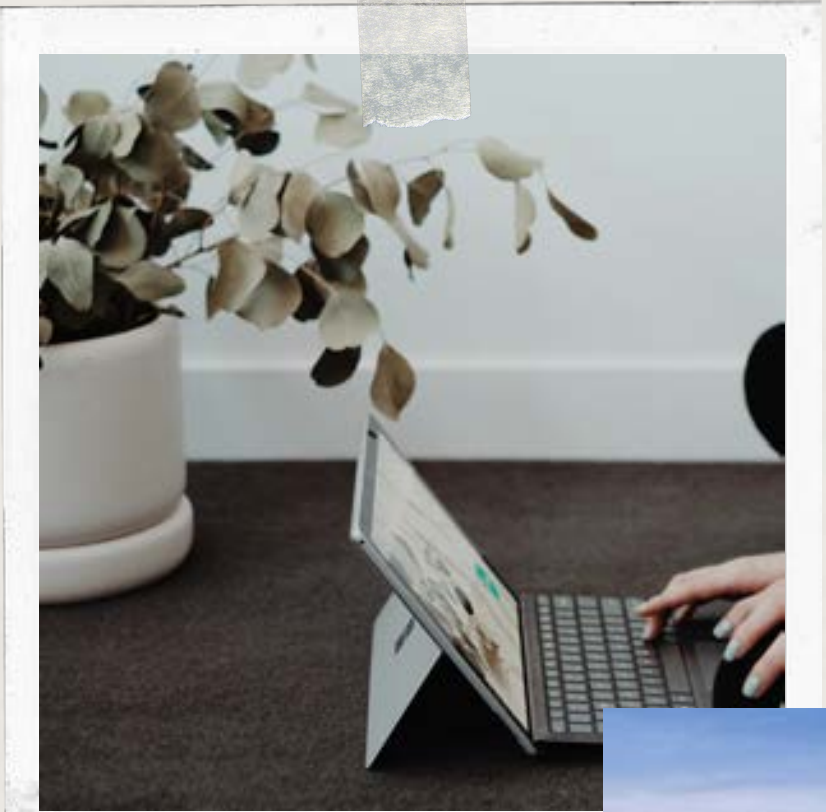
Bea Favela, LCSW, NMCEP, CCHW
Doña Ana County FCS Agent

Karim Martinez, PhD, CFLE
Family Life Specialist

Lourdes Olivas, MS
Extension Associate II

Karen Plawecki, PhD, RD
Nutrition Specialist

Work-Life Balance



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service

Harder to disconnect - 24/7 culture

Working longer hours- 10% rise

Communication

Flexibility & Adaptability

Productivity & Motivation

Technology

Lessons from the Pandemic



Why is a healthy work life balance Important?



Health



Relationships



Quality of life



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service



Do I have a
healthy
work life
balance?



*Life is a journey, not a
destination.*

Ralph Waldo Emerson

Balance

YOUR TIME & TASKS

TIME-MANAGEMENT FRAMEWORK

Also referred to as Urgent-Important Matrix, helps you decide on and prioritize tasks by urgency and importance, sorting out less urgent and important tasks which you should either delegate or not do at all.

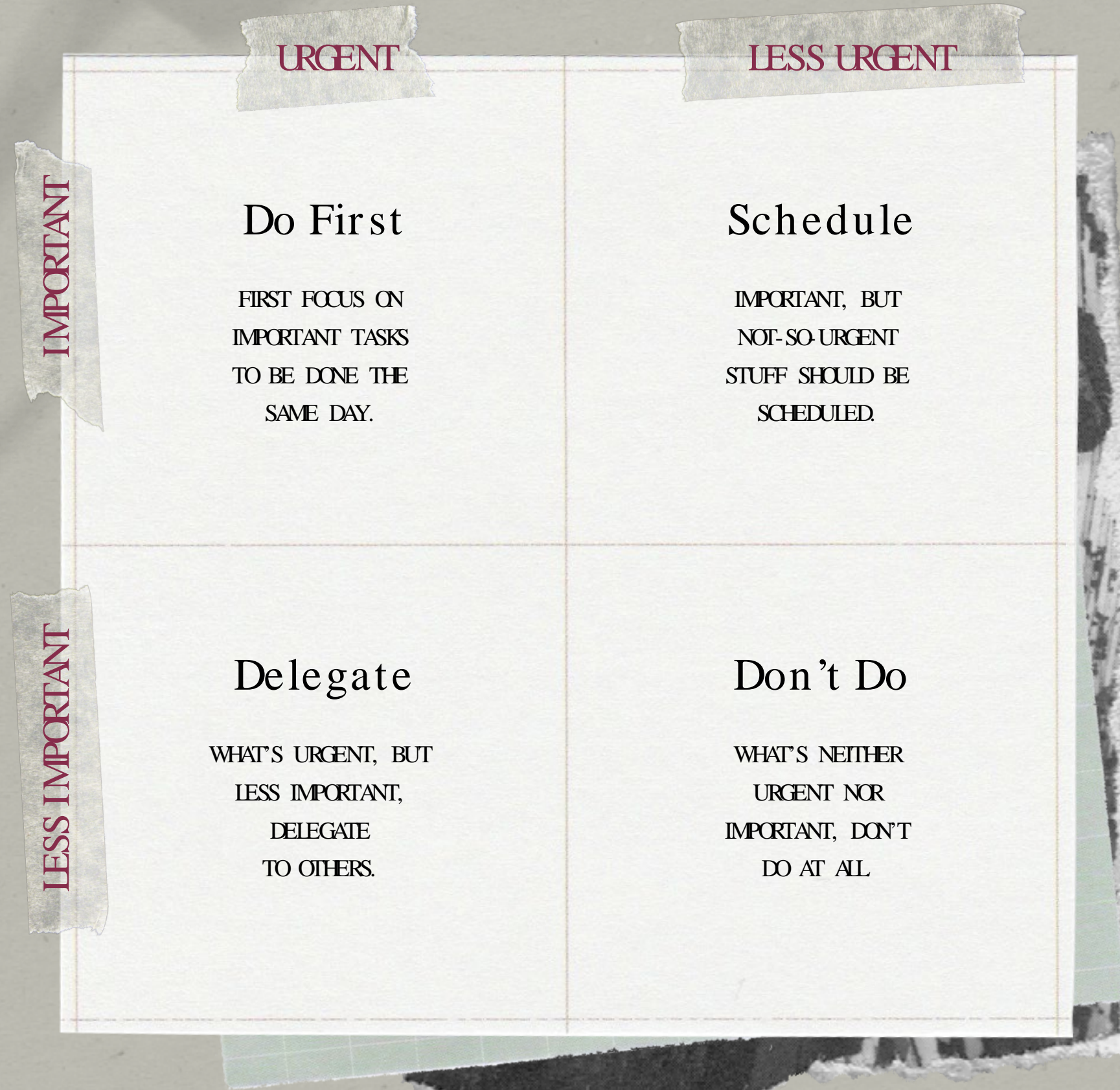


Balance

YOUR TIMES & TASKS

HOW TO USE
MANAGE YOUR TASK

PRIORITIZING TASKS BY URGENCY AND
IMPORTANCE RESULTS IN 4 QUADRANTS
WITH DIFFERENT STRATEGIES.



Strategies

GUIDE TO MANAGE
YOUR TIME AND ENERGY.





At work

- Set Boundaries
- Say No
- track your mood
- Delegate



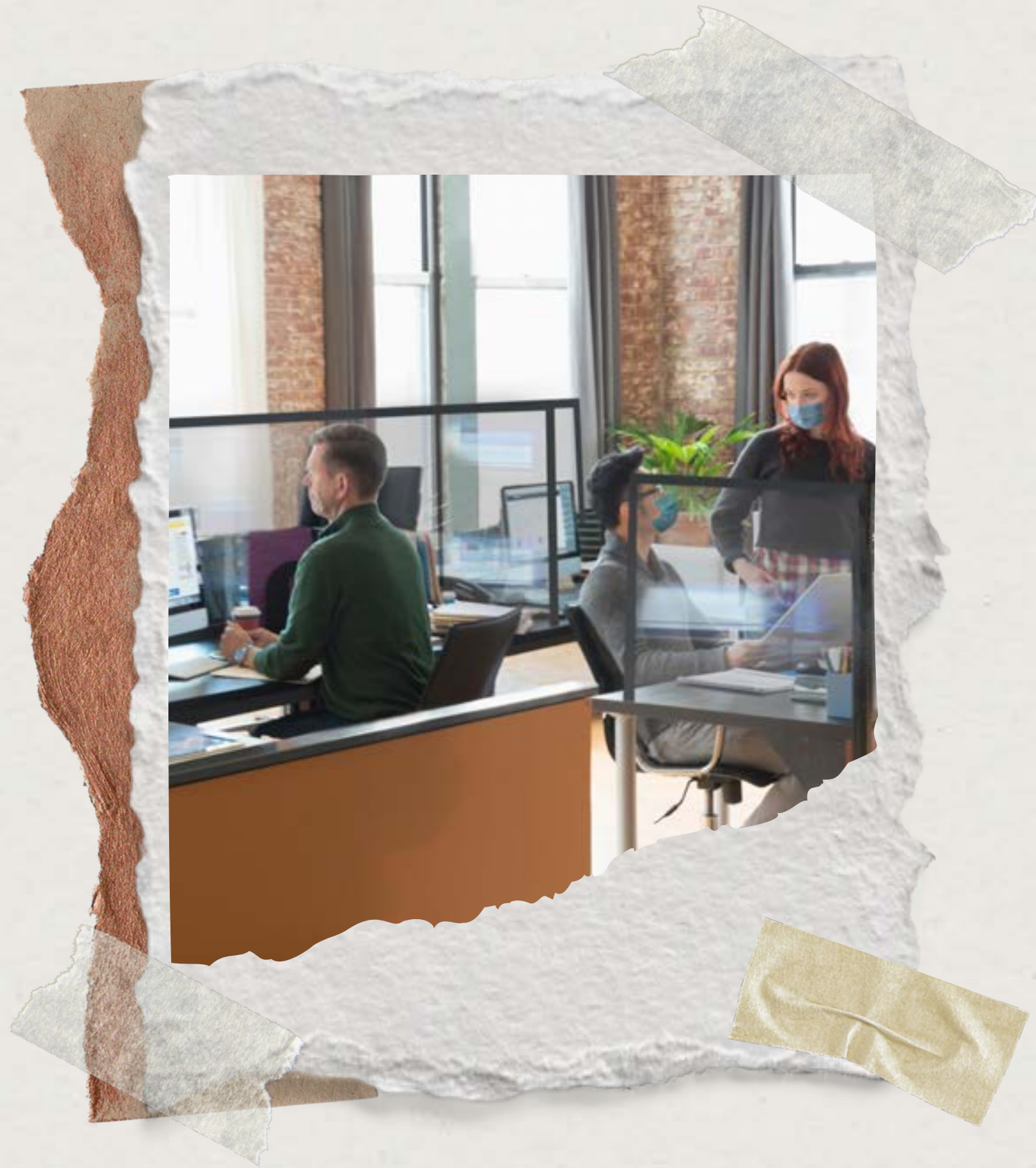
Teleworking

- limit working hours
- flexible schedule
- set up a work space
- unplug



Schedule into the day

- Get some time outside
- personal time & breaks
- self care
- movement
- Relationships with coworkers



People

GUIDE TO RECONNECT
WITH PEOPLE.

Session 3 Survey

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_72H9V0hNCsodAou

Session 4, October 21

Healthy Habits, Nutrition

Karen Plawecki, PhD, RD