

Work-Life Balance



Maya Bethany, Founder
1 in 3 Foundation

TEFN Connect Webinar and Interactive Learning Series
May 20, 2021



1st Things 1st

Check In With Yourself



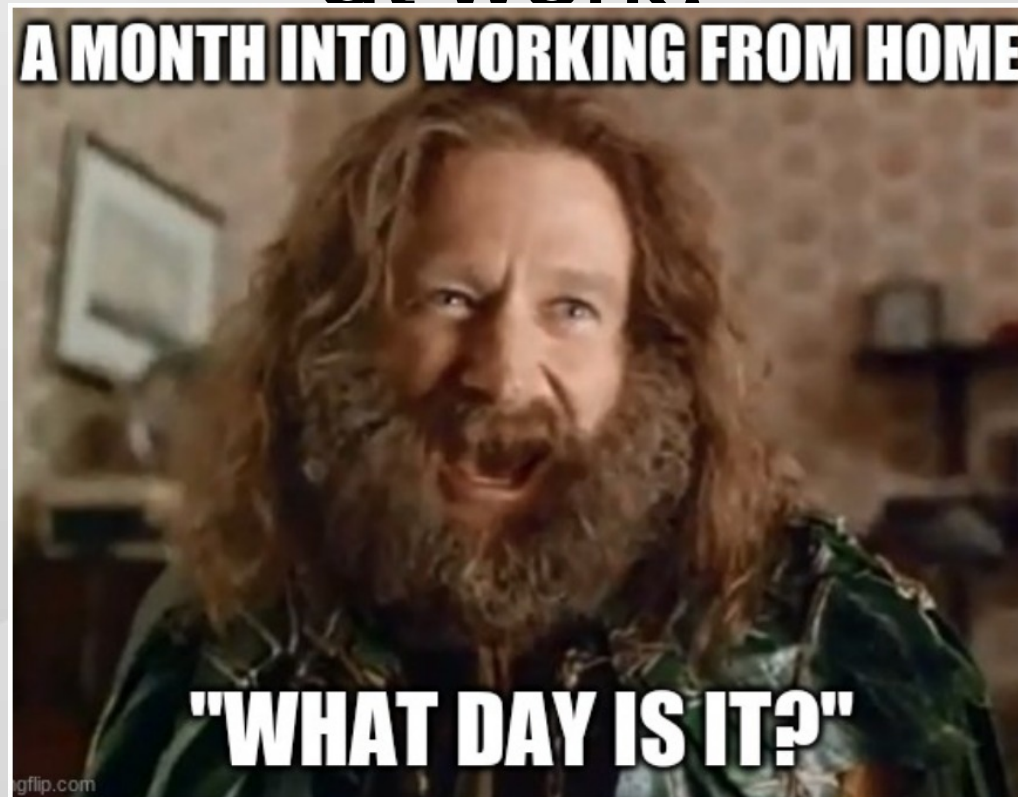


Thank you for making time for
you today.



Walking the Tightrope

Have we been working at home or homing
at work?



Pandemic Fatigue

- Feeling depressed, worried or lonely
- Hard time getting motivated
- Feeling more tired than usual
- “It’s real.”
- “Numbers higher than post-9/11 mental healthcare support.”



Fighting Pandemic Fatigue

- Self-Compassion (Notice How You Talk To Yourself)
- How do we frame our personal/work stories?
- Watch how you label your feelings.

(Source: Lori Gottlieb & Guy Winch Podcast *Dear Therapists*)



Boundaries

Boundary bound·ary | \ 'baʊn-d(ə-)rē \

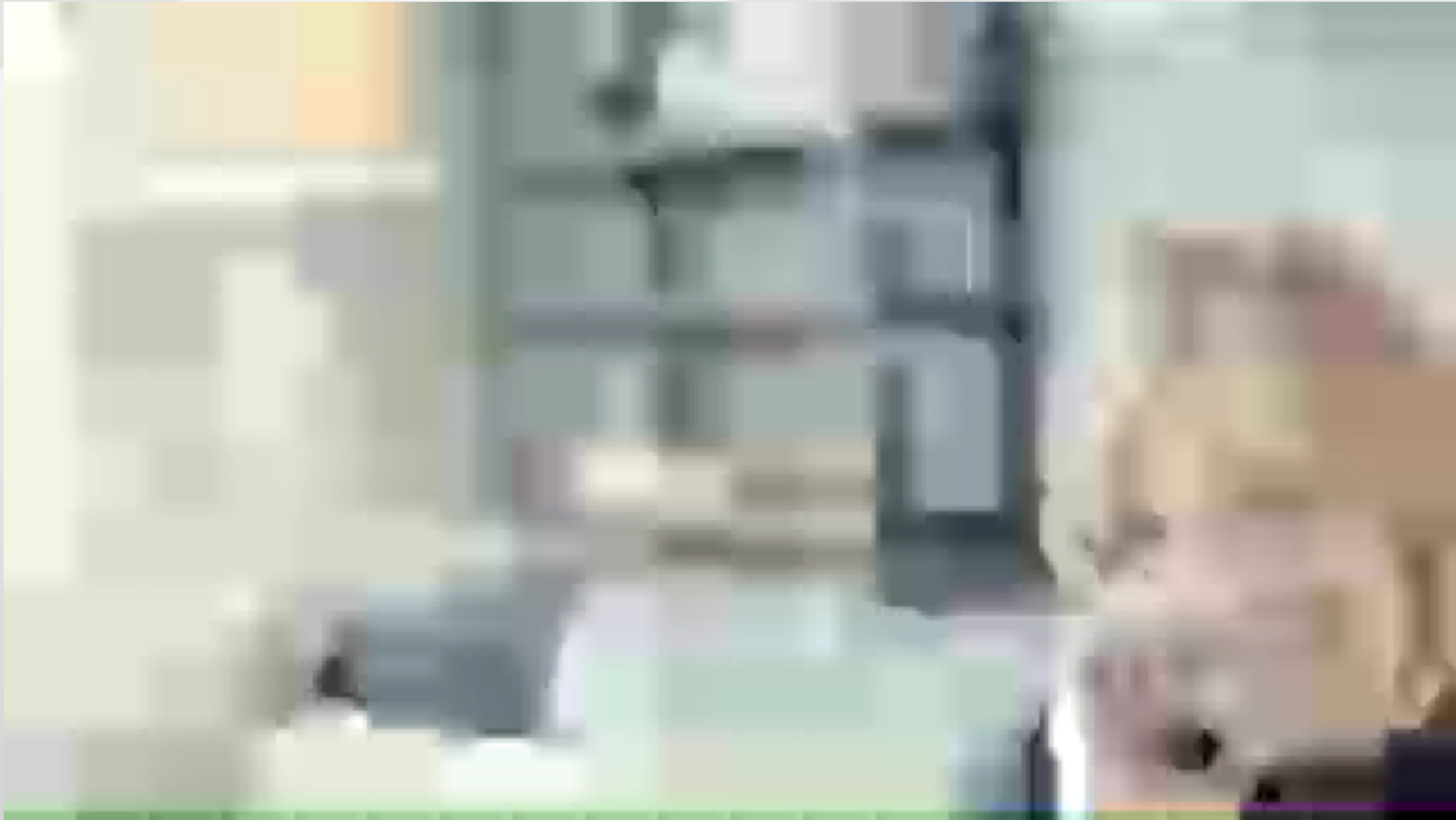
plural boundaries

Definition of *boundary*

: something that indicates or fixes a limit or extent

(Source: www.merriam-webster.com)





Setting Boundaries with Your Board

- Keep to your Office Hours
- Vocalize your commitments
- Have a cutoff time for checking email, social media
- (Do Not Disturb)
- Prioritize
- Delegate
- Don't Be Afraid to Ask for Help
- "Mis-preparation on your part doesn't constitute an emergency on my part."



Setting Boundaries with Your Board

HEALTHY PERSONAL BOUNDARIES SOUND LIKE

- I will not check work emails after (insert time) pm
- I will not slam doors or shout during arguments, I will take some time out when I need to
- I will not reconnect with my ex when I feel down
- I will answer messages when I have time and space
- I will stop eating when I feel full
- I will only think loving thoughts about my body
- I will get 7-8 hours of sleep every night
- I will have regular hours of sleep
- I will take time to self-care every day
- I will not call unsupportive people when triggered
- I will limit my social media intake

@PSYCHOTHERAPY.CENTRAL



Set Clear and Realistic Expectations

- With Yourself
- With Your Board
- Keep a “To Do List” and physically scratch things off of it
- Don’t add to the list until you’ve scratched something else off



Balance is an Illusion

- There are only priorities
- Don't feel guilty about prioritizing one thing over another
- Again: Delegate
- It Takes a Village





DONOVAN
TRAINING
ASSOCIATES



What is one thing you can delegate today?



Also, delegate at home.



Find Time for What Makes You Happy

- All work and no play....
- Hobbies
- Get moving!
- Meditate
- Breaks to stretch (Free apps with desk stretches: Calm, FitOn)
- Treat Yo Self!





Thank you for attending!

Maya Bethany, Founder
1 in 3 Foundation

maya@foundationinnovation.com



Please complete an
evaluation form for this
webinar!



Texas Education Foundation Network | www.tefn.org
Foundation Innovation LLC | www.foundationinnovation.com

TEFN has partnered with Foundation Innovation, LLC for the launch of TEFN Connect. This comprehensive resource center is a service tailored just for education foundations and has been developed for you at no cost and an added benefit to TEFN members. For more information, please visit tefn.org or foundationinnovation.com.

