

Neap

Everyone deserves a little couch-time.



Cultivating Balance:

Navigating Time and Nurturing Mental Wellness

Dr. Kimberly VanBuren





About Your Presenter



Key Takeaways

- Understanding the Challenges
- Mastering Time Management
- Incorporating Breaks for Mental Wellness
- Addressing Emotional and Psychological Needs
- Fostering Community Connection
- Conclusion and Next Steps

Understanding the Challenges

- Discussion on the modern work environment and its challenges
- Identification of common stressors and time management pitfalls
- Impact of poor time management on mental wellness





Mastering Time Management

- Strategies for effective time management
 - Prioritizing tasks
 - Setting realistic deadlines
 - Avoiding multitasking
- Practical tips for implementing these strategies in daily life

Incorporating Breaks for Mental Wellness

- Importance of breaks for maintaining focus and preventing burnout
- Benefits of short breaks on concentration, productivity, and well-being
- Examples of rejuvenating break activities

"Balance is not something you find, it's something you create." - Jana Kingsford





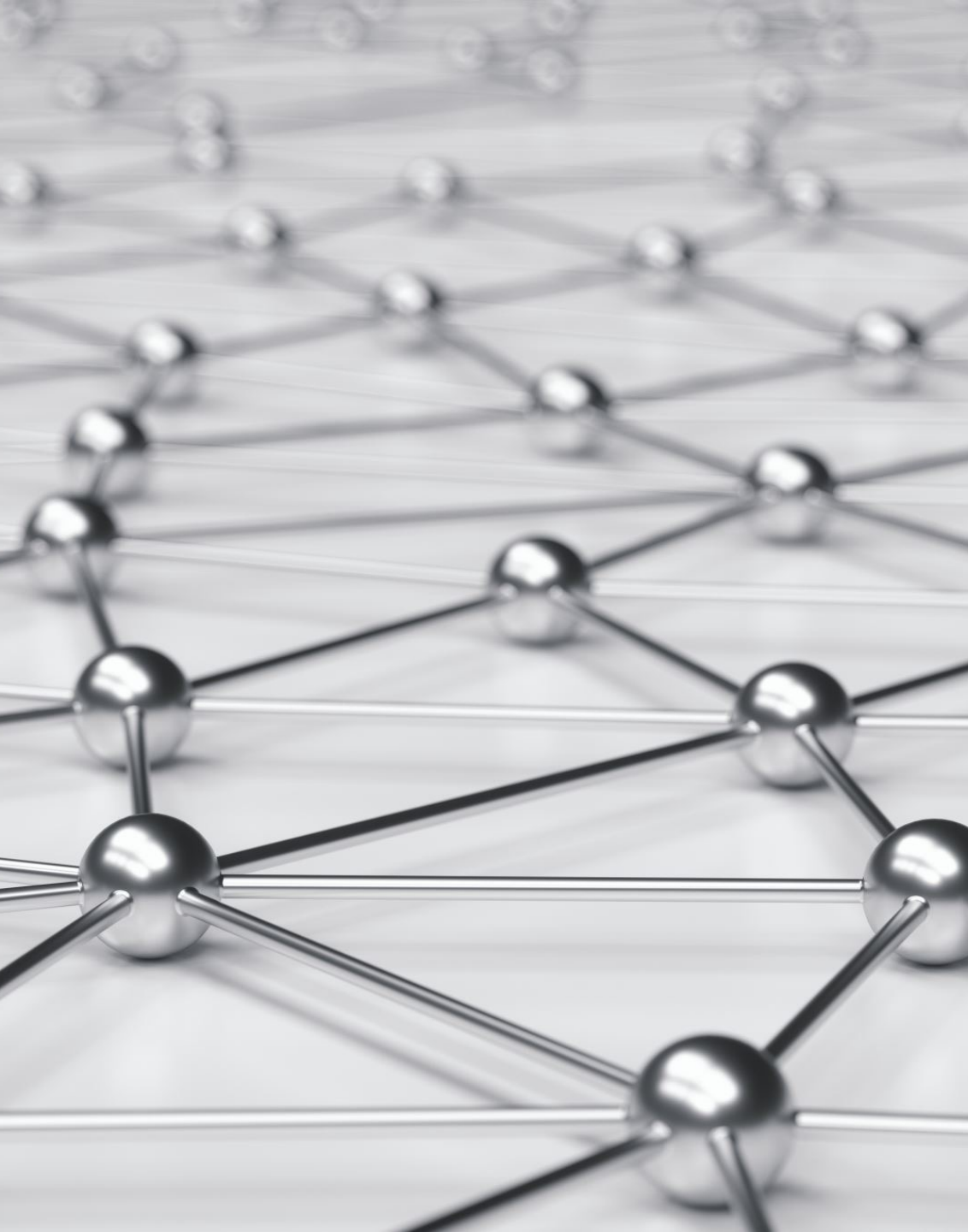
Addressing Emotional and Psychological Needs

- Cultivating self-awareness and self-compassion
- Strategies for seeking support when needed
- Normalizing the need for self-care and acknowledging limitations

Mindfulness and Meditation

- Explanation of mindfulness and its benefits for mental wellness
- Practical techniques for incorporating mindfulness into daily routine
- Overview of meditation practices and their positive effects





Fostering Community Connection

- Importance of social support for mental wellness
- Ways to connect with others in the workplace
- Benefits of workplace wellness programs and team-building activities



Email: kimberly@balancingactlms.com

Website: www.balancingactlms.com





☐ Online:

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits



Real-Time Support For Real Living

EMPLOYEE WORK-LIFE SERVICES



FEATURES INCLUDE:

- Toll-free 24/7 telephonic access.
- Custom research matching local resources and providers to your specific needs.
- Support for you, as well as those in your family and/or household.
- Follow-up to be sure that the assistance met your complete satisfaction.

To help you make time for what matters most, you and your family have access to experts on child and elder care topics and skilled researchers to provide support for any work, personal, or everyday matter that's important to you and your family. We'll discuss your concerns, provide information on options, and then conduct research to find local resources to help you implement your action plan.

TOLL-FREE: 866-212-6096

WEBSITE: <https://neelyeap.helpwhereyouare.com>

COMPANY CODE: XXX



Time Management Approach

Pitfalls	Effective Strategies
<ul style="list-style-type: none">• Managing Deadlines• Multitasking• Overcommitment	<ul style="list-style-type: none">• Prioritize Task• Avoid Multitasking• Set Realistic Goals

Failure to implement the time management strategies can lead to:

- Missing deadlines, leading to anxiety.
- Multitasking, resulting in decreased efficiency.
- Overcommitting, causing feelings of being overwhelmed.