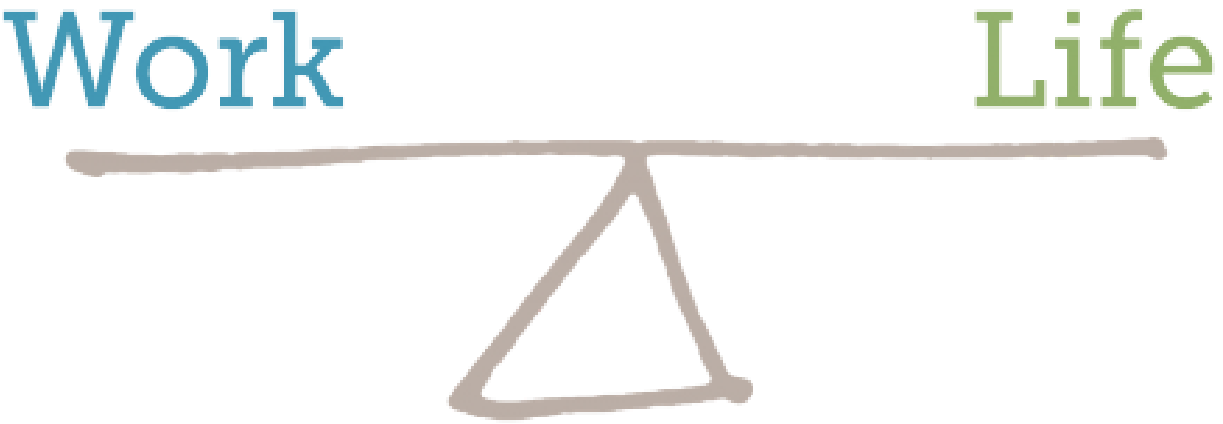
NWOOA

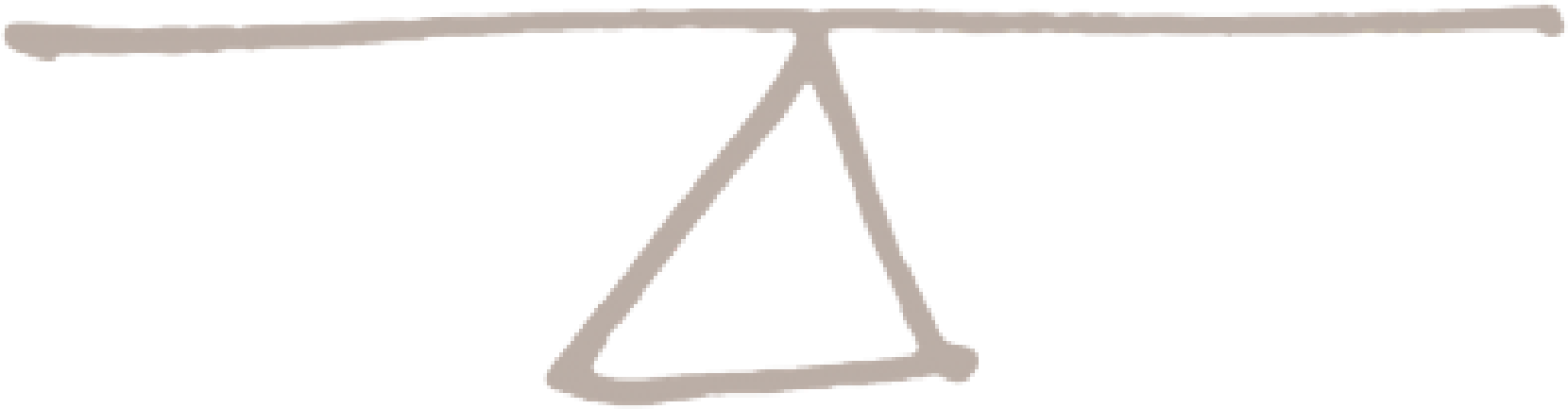
NORTHWEST OHIO OSTEOPATHIC ASSOCATION

TREATING OUR FAMILY AND YOURS

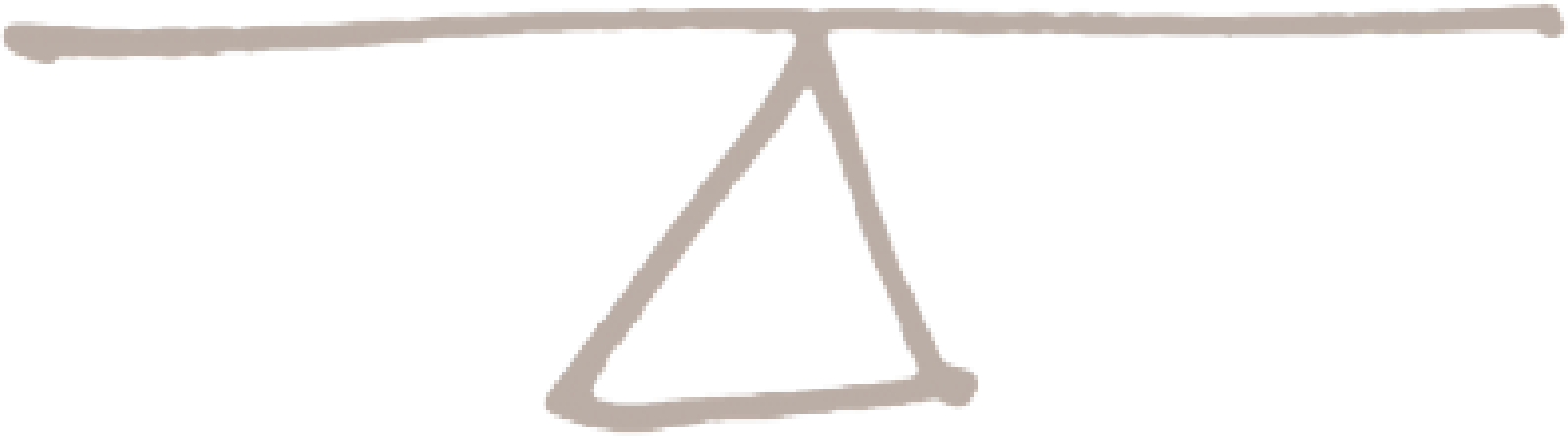


Tim Polakowski, MBA, MSW, LISW-S
NWOOA Executive Director

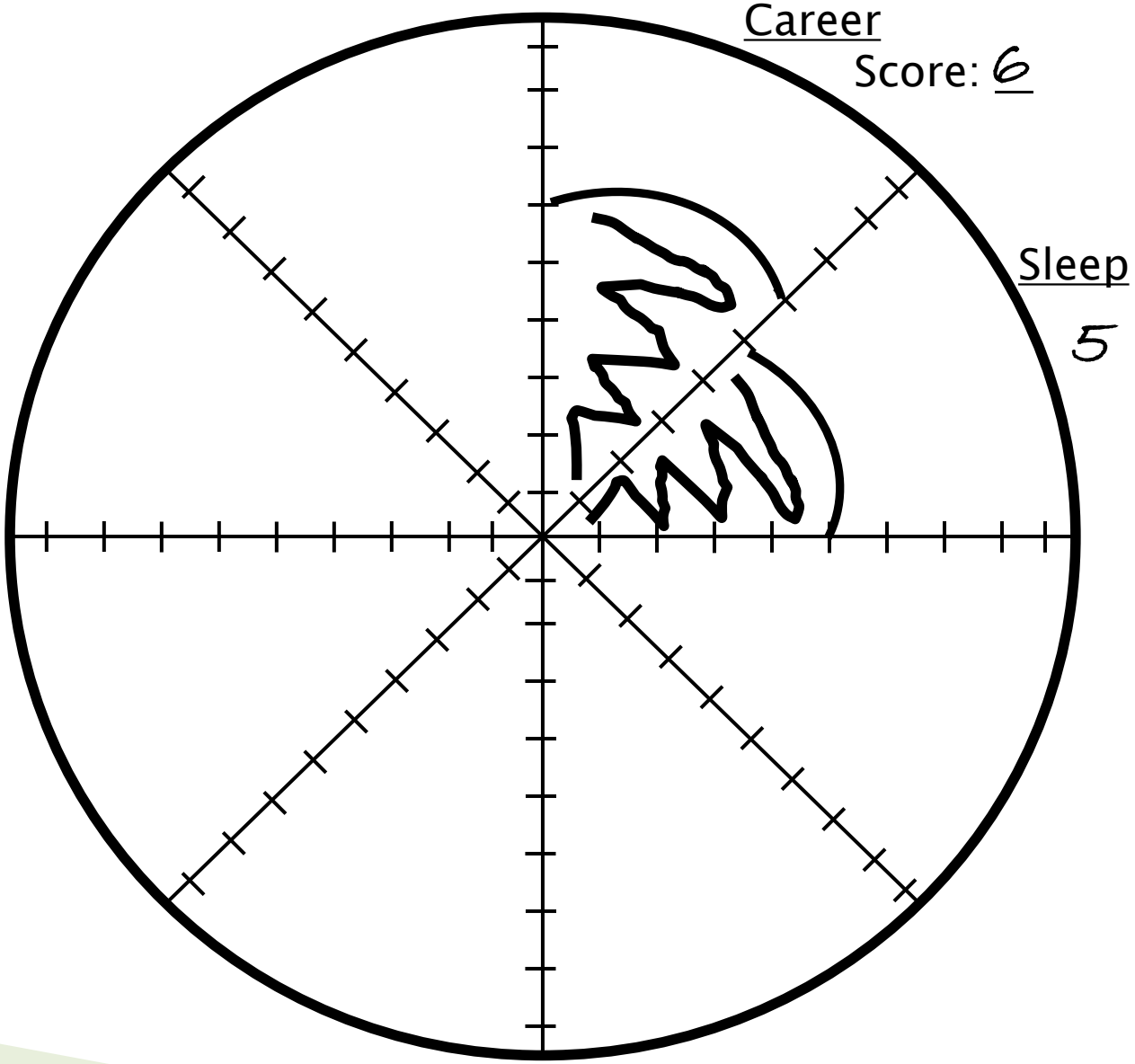
Video: Nigel Marsh, PhD
How to Make Work Life Balance Work



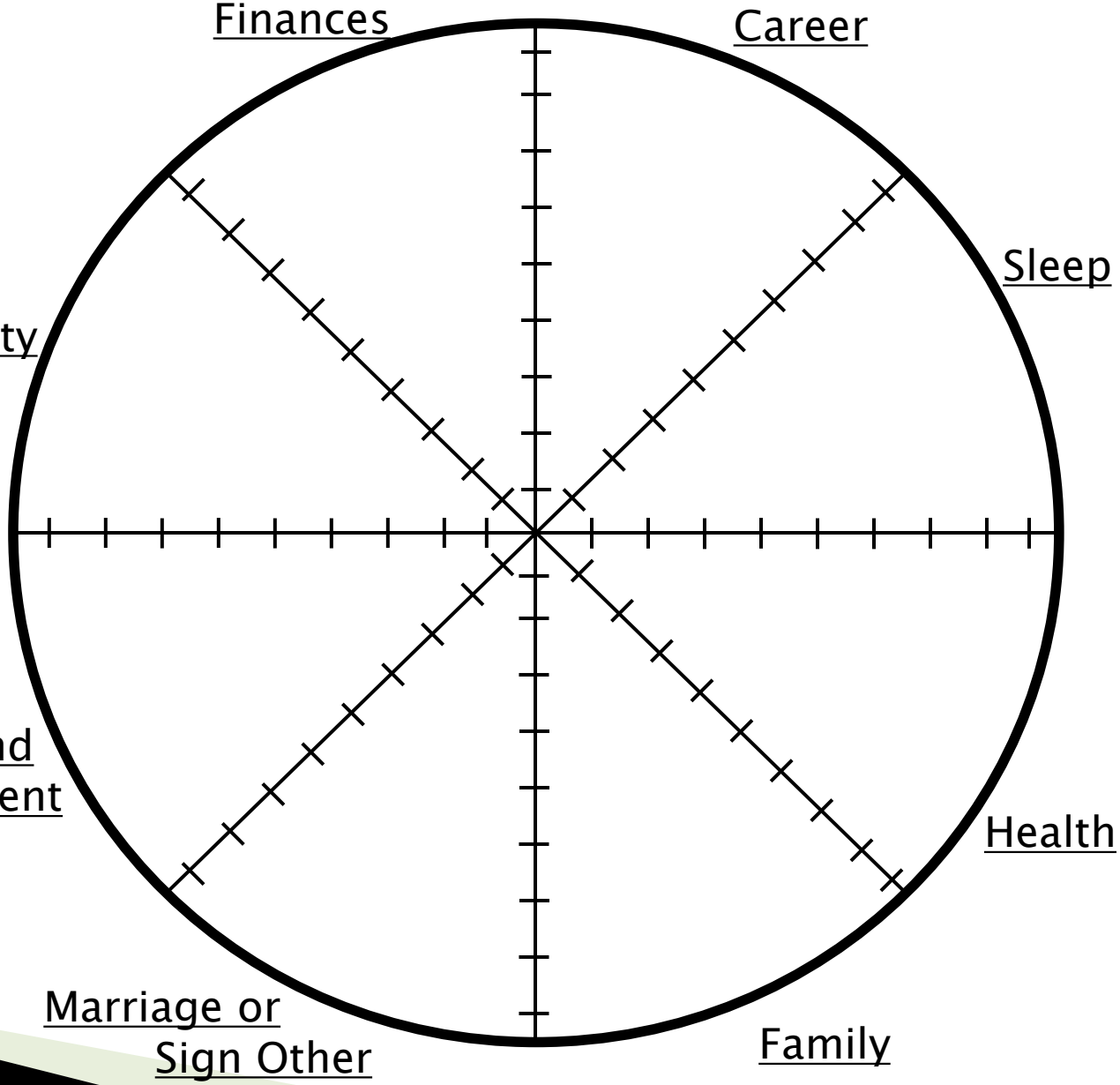
Work ≠ Life



Activity: Wheel of Balance



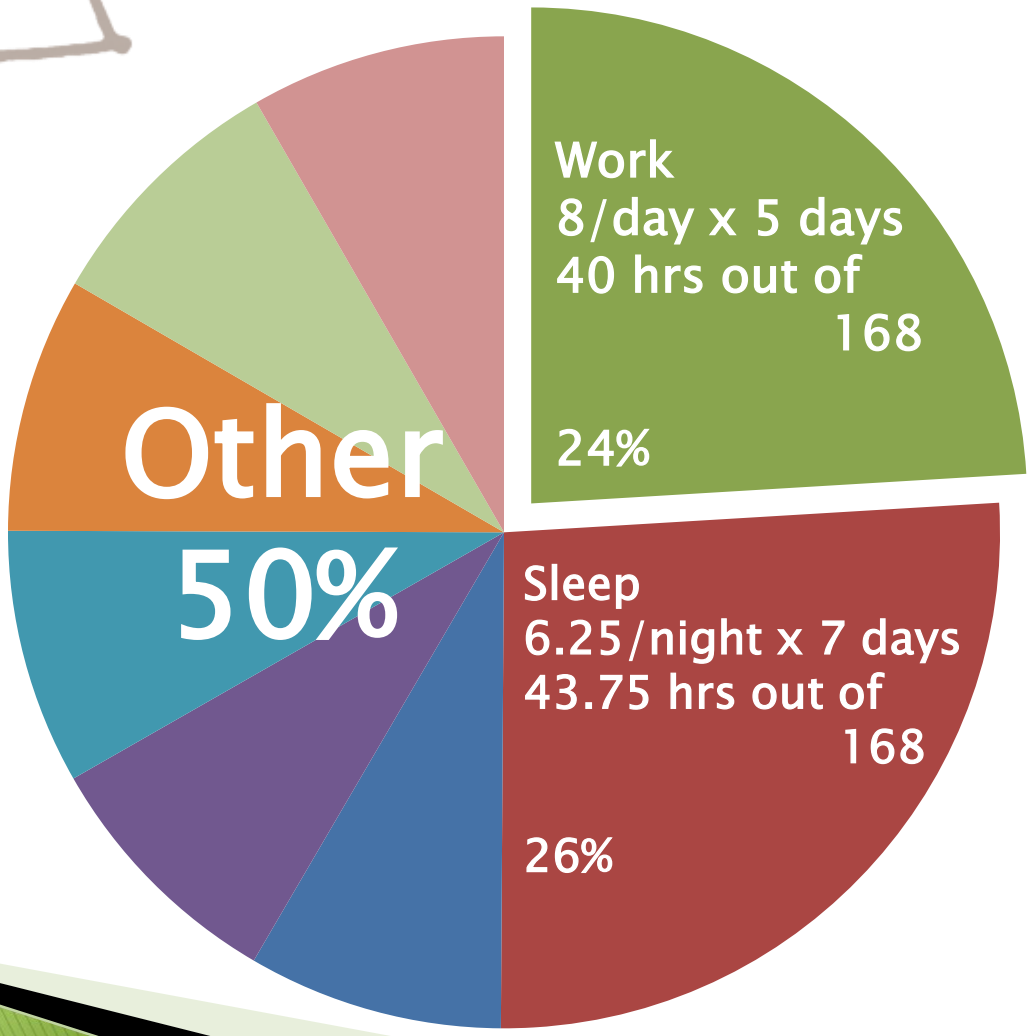
Activity: Wheel of Balance



Breakdown of Time

Hours in 1 week?

168



Reflections

Study:
Happiness is:
10% circumstantial

— Sonja Lyubomirsky, PhD *The How of Happiness*

Our Reactions:
Event – React

Life is not about finding yourself, life is about creating yourself

Life Practices

From the The How of Happiness, Sonja Lyubomirsky, PhD

1. Express Gratitude
2. Nurture Social Relationships
3. Practice Kindness
4. Cultivate Optimism
5. Avoid Social Comparison
6. Learn to Forgive
7. Increase Flow Experiences
8. Savor Life's Joys
9. Commit to Your Goals
10. Develop Coping Strategies
11. Practice Spirituality
12. Take Care of Your Body and Mind