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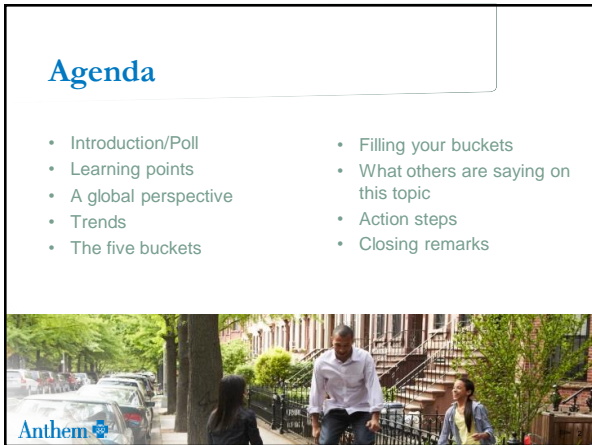
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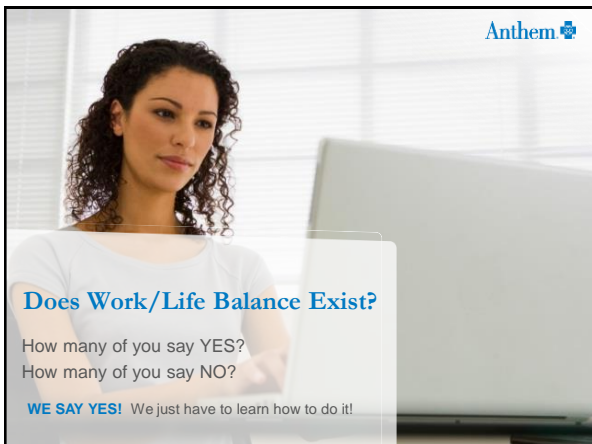
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## Learning Points

Participants will:

- Explore this subject from a global perspective
- Identify the Five Buckets Principle of work/life balance
- Explore the elements necessary to fill the five buckets
- Determine action steps

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## A Global Perspective

- United States ranks below average (28<sup>th</sup>) in work-life balance and social connections – Better Life Index
  - Long work hours and a lack of social activities
  - 81% of US employees check their work email outside of work hours
  - Full-time American workers get an average of 8.1 paid vacation days after their first year on the job. – Bureau of Labor Statistics
  - 55% of Americans left vacation days unused in 2016
- Denmark number one
  - Only 2% of workers in Denmark work longer than 50 hour work weeks
- France is encouraging workers to unplug during off-hours
  - "In 2015, the French worked an average of 1,482 hours a year, while American workers worked about 1,790 hours." - OECD

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## Trends

- 74% of workers want "the ability to work flexibly." This could include flexible hours, telecommuting, and other types of work arrangements. – EY Study
- Study shows Millennials would take an avg. pay cut \$7,600 to find more work/life balance and career development.-Fidelity 2016
- 5 hours and 13 minutes a day on activities (including watching television, socializing and exercise), 7 hours would be recommended. - WSJ 2016

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## The Five Buckets

1. Family & Friends
2. Work
3. Community – Giving Back
4. Financial
5. Health



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### Family & Friends

#### Family

- Quality time vs. Quantity time
- When to listen and when not to listen
- Set boundaries
- It is ok to say "no" to family

#### Friends

- Someone who is happy for you during the good times but will coach you through the bad times
- Be selective



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## Work

- Remember you are "at work" more than anywhere else in life
- Reframe your attitude
- Make a list of everything you like about work
- Make a "D.I.G." file
- Continue growing and learning
- Manage interruptions and time wasters
- Work harder than you ever thought you could



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## Community & Giving Back



- Outreach
- Volunteering
- Making connections
- The beauty of giving and caring and mattering
- Teaching your family members to get involved
- The world we live in really is small – even more important to care



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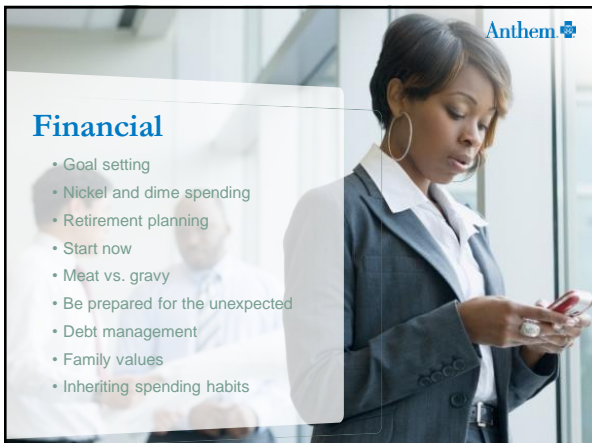
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## Financial



- Goal setting
- Nickel and dime spending
- Retirement planning
- Start now
- Meat vs. gravy
- Be prepared for the unexpected
- Debt management
- Family values
- Inheriting spending habits



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## Health

- Taking care of you
- Exercise
- Preventative screenings
- Health journal
- Nutrition
- Sleep
- Stress management



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# What's in Your Buckets?

Family & Friends

WORK

Community & Giving Back

Financial

health

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# What Are The Ingredients For All The Buckets?

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# Choices...Choices...Choices

- Frequency of making choices
- Resources
- Daily, weekly, monthly
- Empowerment

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### Invest in Yourself

- The “oxygen mask” theory – all starts with you
- Your “D.H.A.” – Dreams Hopes Aspirations
- Get excited
- Go into your “discomfort” zone
- Motivation, willpower and determination

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### Personal Growth & Development

- Continue to learning
- Brain exercises will keep you young
- Write your eulogy/retirement speech
- Re-evaluate your choices
- Examine other people's priorities
- Role-model your priorities
  - Wear them openly
  - Shout them from a rooftop





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### Happiness & Humor

- This is about enjoying life
- Embrace change and fear
- Laugh, laugh, laugh
- Ethics and honesty
- Appreciation
- Tragedies
- Moving on and upward
- Creativity
- Mindful living
- Giving
- Character: Who you are when no one is looking
- Never give up
- Don't dwell on the past





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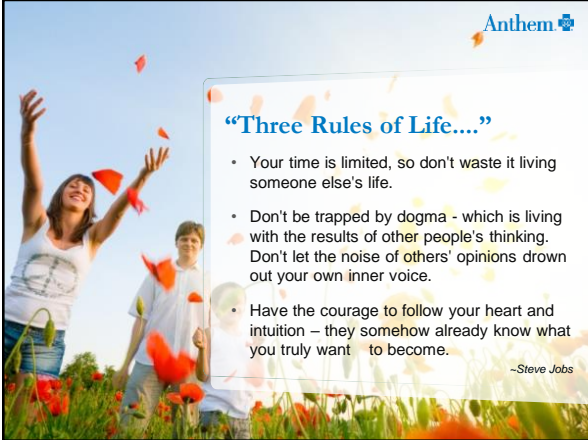
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### “Three Rules of Life....”

- Your time is limited, so don't waste it living someone else's life.
- Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice.
- Have the courage to follow your heart and intuition – they somehow already know what you truly want to become.

~Steve Jobs

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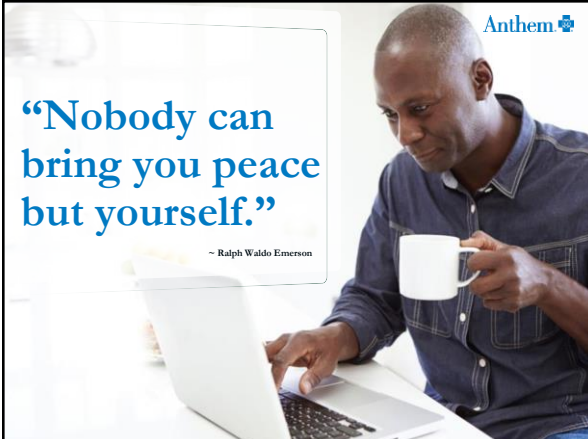
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### “Nobody can bring you peace but yourself.”

~ Ralph Waldo Emerson

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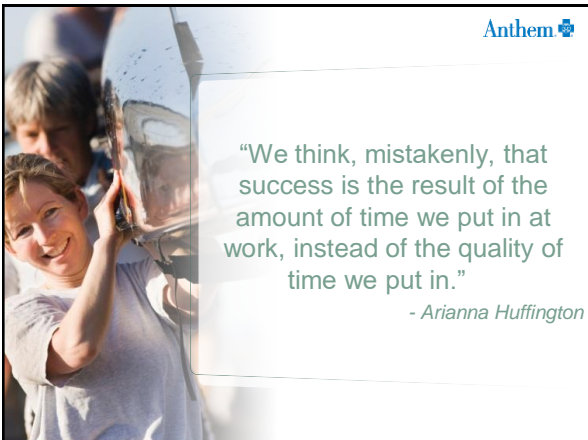
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### “We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.”

~ Arianna Huffington

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"I believe that being successful means having a balance of success stories across the many areas of your life.  
 YOU CAN'T TRULY BE CONSIDERED SUCCESSFUL IN OUR BUSINESS LIFE IF YOUR HOME LIFE IS IN SHAMBLES.  
 -Zig Ziglar  
 VERYBESTQUOTE.COM



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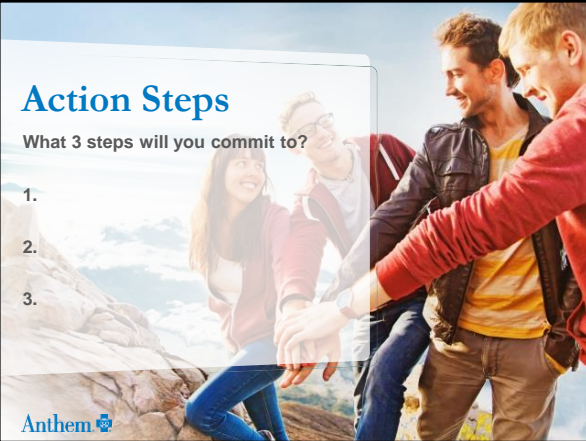
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### Action Steps

What 3 steps will you commit to?

- 1.
- 2.
- 3.



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 Or go to our website at  
**AnthemEAP.com**  
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#### How your EAP can help...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily Life resources
- ID theft prevention & recovery service
- myStrength – Health Club For Your Mind
- Let's Talk Depression – Multi- Resource Toolkit
- Comprehensive website
  - Resources
  - Self assessments
  - Live-connect feature
  - Health/wellness library
  - Legal forms



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