

SESSION PREVIEW

This is a preview of the session. Please come to the session to get the whole experience

Time and Well-Being

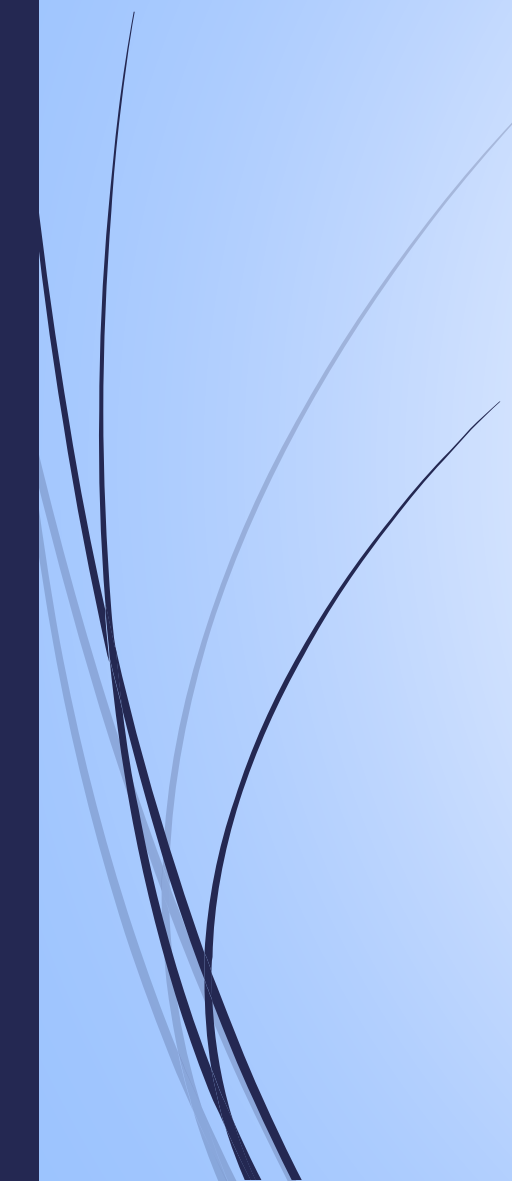
The Problem, The Solution, and A New Positive Paradigm

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Objectives

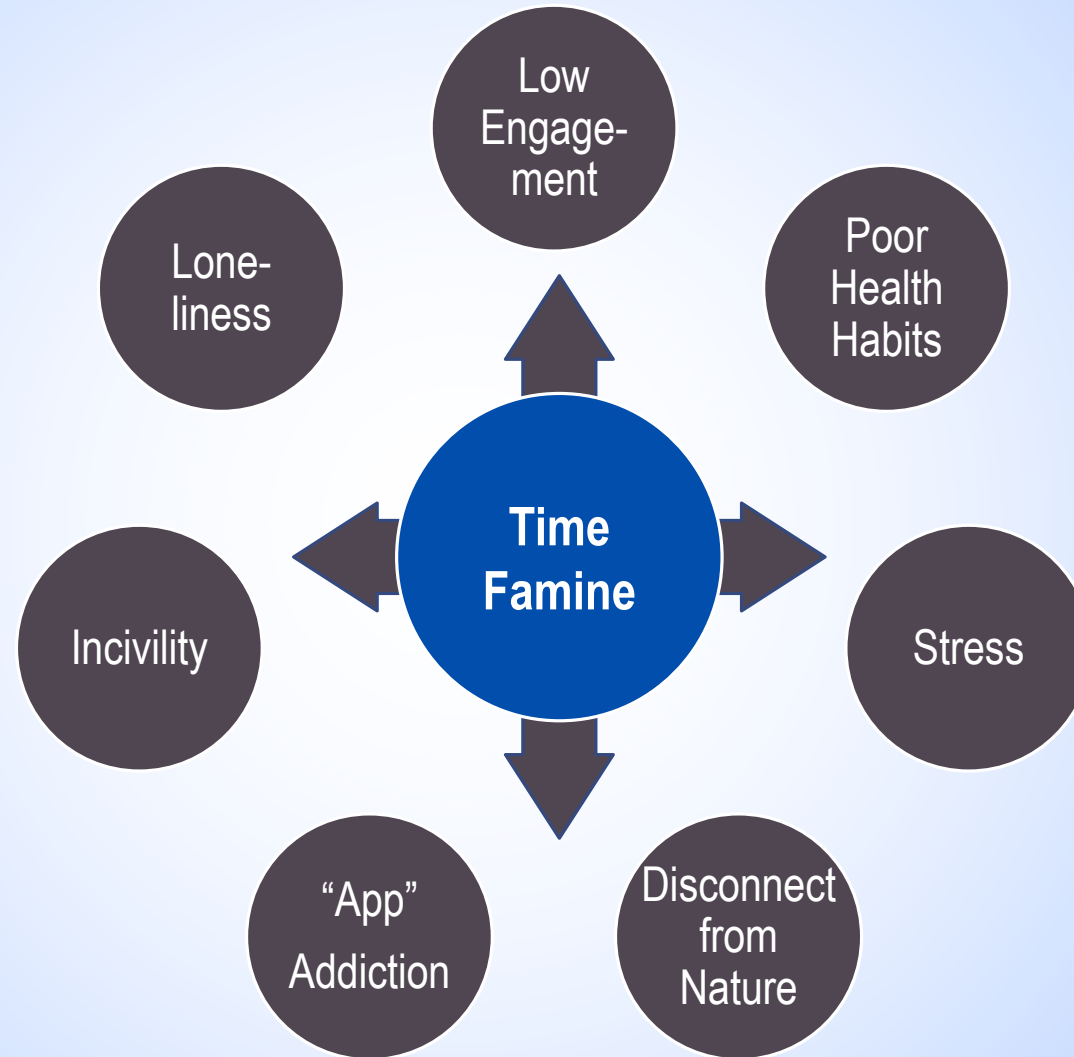
- ▶ Identify sources (at individual and cultural levels) that lead to the psychological illusion of time compression and its impact on stress reactivity
 - ▶ Identify specific curriculum tools that can address this illusion
 - ▶ Practice using these tools in preparation for transferring knowledge and skills outside the session
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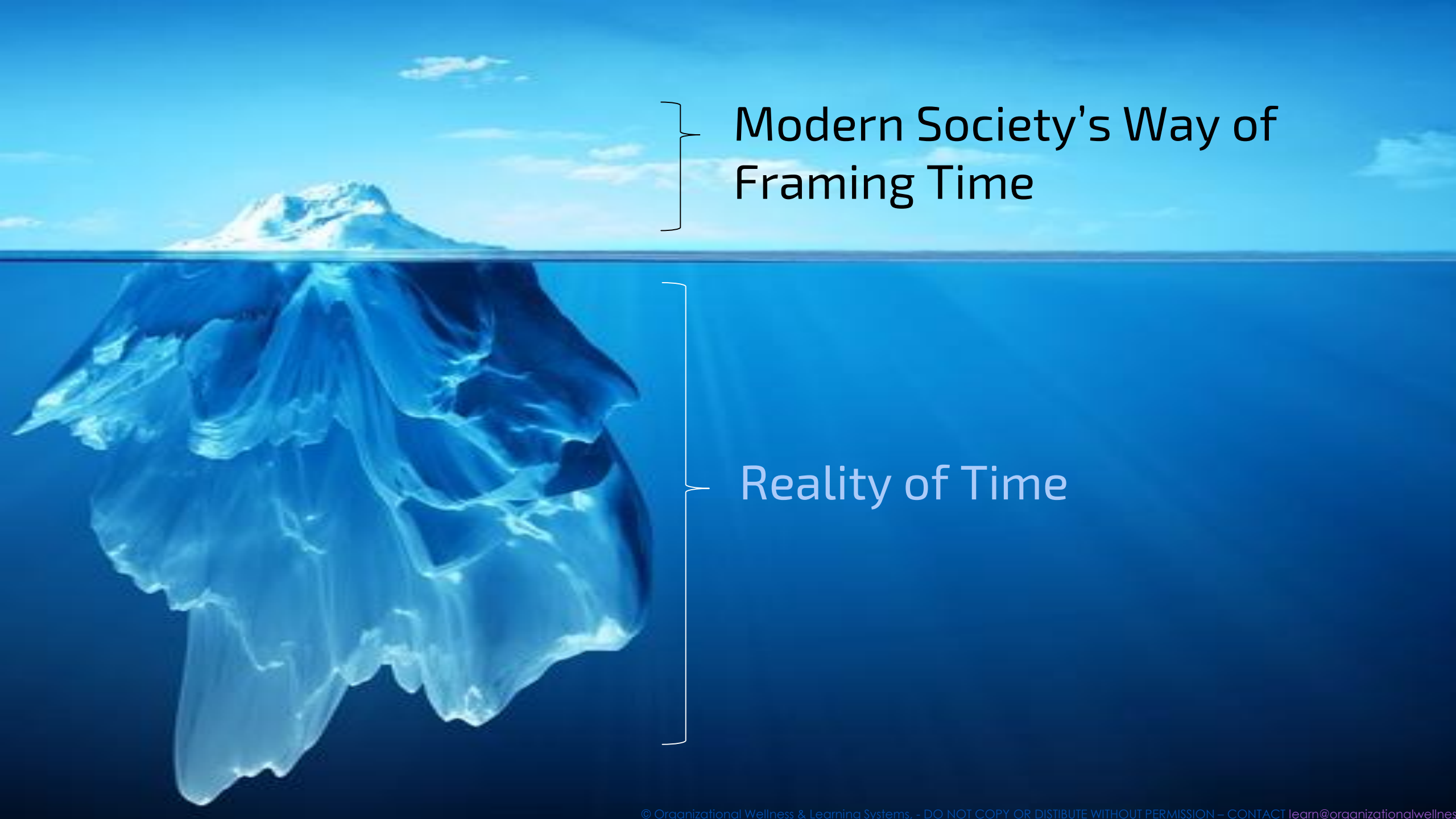


ORIENTATION

The problem

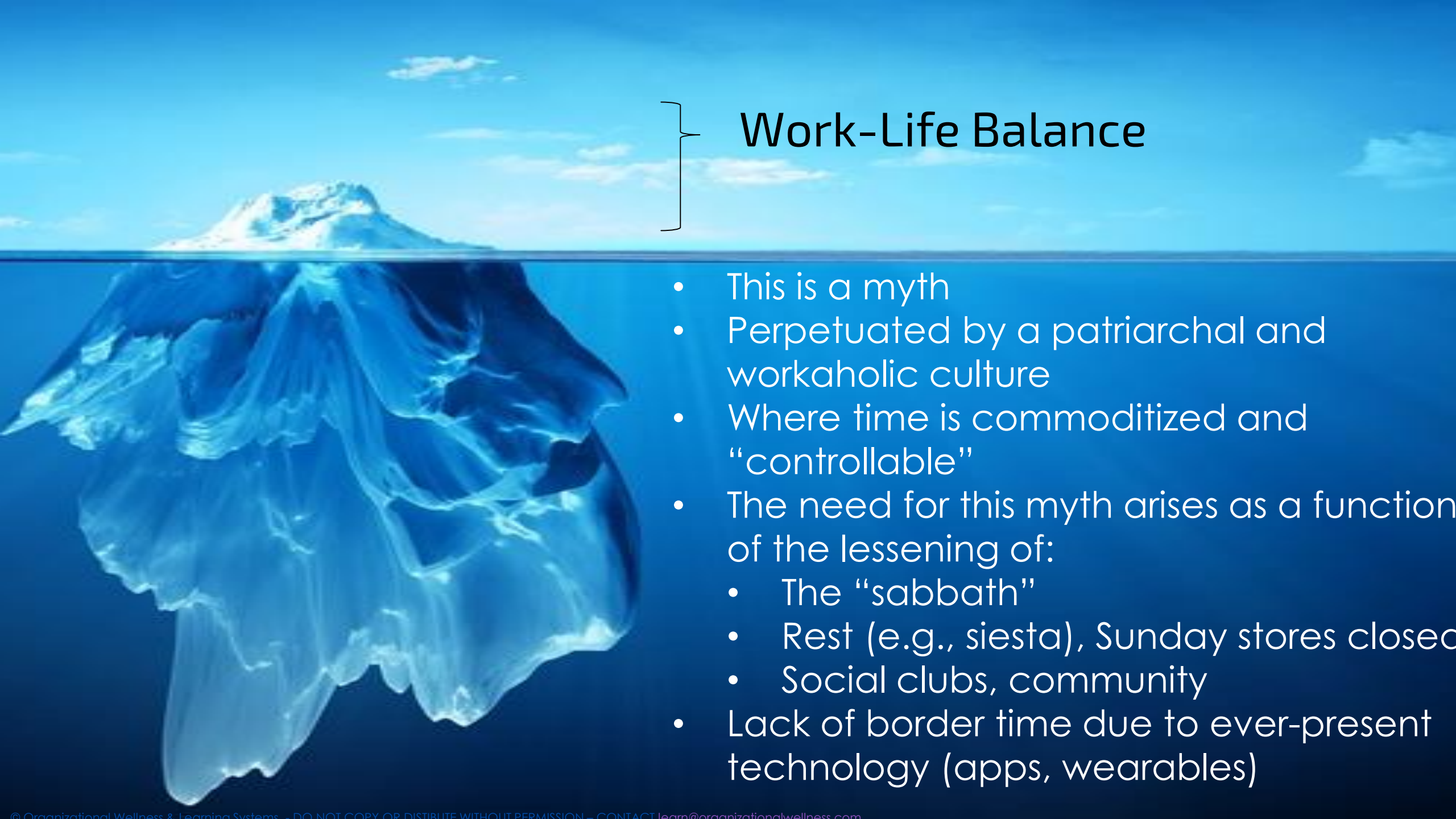
- ▶ **Time Culprit:** Most cited reason for failure to participate in wellness is “I don’t have the time.”
- ▶ **Research:** personal and workplace health depends on healthy routines, a mindful work pace, and the need for relaxation, recovery, and meaningful leisure experiences.
- ▶ **Sleep/Fatigue:** Individual and workplace consumers are “waking up” to the fact that time mismanagement and workaholic social norms are a critical driver of health and productivity risks.
- ▶ **OWLS:** The presenters have significant experience as researchers and practitioners of “healthy time” interventions. Over the past several years they have developed four simple, 60-to-90 minute class-room and related programs to help address the need for *healthy times*.





Modern Society's Way of Framing Time

Reality of Time



Work-Life Balance

- This is a myth
- Perpetuated by a patriarchal and workaholic culture
- Where time is commoditized and “controllable”
- The need for this myth arises as a function of the lessening of:
 - The “sabbath”
 - Rest (e.g., siesta), Sunday stores closed
 - Social clubs, community
- Lack of border time due to ever-present technology (apps, wearables)

The Myth

- ▶ Myth: Work and life are separate worlds that need balance (perfectionism)
 - ▶ Myth started for working mothers (1960s/70s → strain on families)
 - ▶ “If you’re successful at work you ‘should’ be successful at home” and “If you’re successful at home you ‘should’ be equally successful at work.”
 - ▶ Assumes everyone has same number of hours at work as in leisure, but some people work more than 8 hours day

The Myth

- ▶ Reality: Creation of an inferiority complex; are you “balanced?”
 - ▶ There is no perfectly balanced teeter totter
- ▶ Alignment versus Balance
 - ▶ Flexibility in expectations
 - ▶ Live not for work, but for your values
 - ▶ Embrace and savor leisure-time, even the smallest, seemingly insignificant moments

<https://resources.workable.com/blog/work-life-balance-myth>



KEY CONCEPTS

Alternate View



An Aligned Life

- Move to **Work-Life Alignment**
based on YOUR values
- Cultivate the **Wisdom of Rhythm**
YOUR sleep-wake-rest cycles
- **Savor the Moment**
YOUR social connections
- Connect to **Spiritual Health**
YOUR deep connection to time





Choices

Presence is more than just
being there.

-Malcolm Forbes

I wish I had more time to...

-You



LET'S START EXPLORING



Quiz Assessment

Which of the following are you most comfortable exploring?

1. Learning ways to **empower myself** around how I personally can live an aligned life and “take back time” for myself
2. Cultivating a **personal sense of my own rhythms** (sleep-wake-rest) and attune myself more easily to these natural mind-body cycles
3. Being **more “in the moment”** with life’s precious happenings, especially with others, loved ones, children, and “elders” in my life
4. **Connecting to spiritual or wisdom resources** that teach about deeper time, life’s transitory nature, impermanence, eternity, and other deep concepts that can help me to transcend “worldly” time (the “rat race” or “treadmill”)



Healthy Time Interventions



☀ Work-Life Alignment

FROM WORK-LIFE BALANCE TO AN ALIGNED LIFE
(A JOURNEY OF PRACTICE)

☀ The Wisdom of Rhythm

INNOVATIVE APPROACHES TO PROMOTE HEALTH, SLEEP,
REST, AND WORK

☀ Social Savoring

EXPERIENCING THE MOMENT AT LIFE'S BOOKENDS

☀ Time and Presence

THE IMPORTANCE OF SPIRITUAL HEALTH TO WELL-BEING

Work-Life Alignment

FROM WORK-LIFE BALANCE TO AN ALIGNED LIFE (A JOURNEY OF PRACTICE)

This course debunks the myth of work-life balance by showing how our 24/7 work week inflates expectations that we can “do it all” and must only seek balance. Instead, participants learn how to align their behaviors with their values and getting in touch with their daily intentions, especially for (a) spending more time “in between” work-life spheres (border zone) and (b) being FULLY PRESENT while participating within a work, life, family, or other sphere.

The Wisdom of Rhythm

INNOVATIVE APPROACHES TO PROMOTE HEALTH, SLEEP, REST, AND WORK

- ▶ There are variety of positive psychological approaches to leading a more “time-wise” lifestyle. The core idea is that individuals can develop the ability to tune-in to their own natural inner clock (circadian, infradian rhythms). However, they need both individual skills and environments that support this tuning-in.



Social Savoring


EXPERIENCING THE MOMENT AT LIFE'S BOOKENDS

Different stages of life are associated with different needs for leisure and relaxed time with others (typically, significant others), in order to increase the appreciation and absorption of life's positive experiences.

Time and Presence

THE IMPORTANCE OF SPIRITUAL HEALTH TO WELL-BEING.

This course reviews how spiritual teachings from the world's major religions (Judaism, Christianity, Buddhism, Islam, and Taoism) all point to the importance of taking time away from regular routines to connect with a sense of awe, nature, and life's larger purpose. Participants review key quotes and exercises to help them review how much they take time for these purposes. Research behind time and presence can be found at.



Come to the Session to Learn More

Contact us at owls@organizationalwellness.com