About Me

• Program Manager – Employee Wellbeing and Engagement
• Staff Council Vice-Chair
• Staff Council Health & Wellbeing Committee Chair
• GRIOT ERG Special Committee Chair, Black Women at Tech
• Institute Strategic Plan, Cultivate Well-Being - Workplace Culture subgroup co-chair
• USG Well-being Liaison
• Wife
• Mother to three boys
• T-I-R-E-D!
When you have to work from home but you're also a parent

WORKING
9–9:10, 9:45–10:00, 10:20–10:35, 12:30–2:00,
2:15–2:16, 3:30–3:37, 4:28–4:39,
5:05–5:12, 7:39–8:00,
9:53–10:24
Work Life Integration or Life Balance

- Family
- Career
- Health
- Friends
Taking Care (of You)

Time management
Advantages
Keep the Faith
Intentions
Neighborly
Give Back

Communication
Awareness
Review
Enjoy Yourself

KEEP CALM AND PRACTICE SELF-CARE
Time Management

• Schedule breaks, lunch, family time, exercise, etc.
• Drop activities that sap your time or energy
• Don’t expect to work at normal capacity*
• Set small, manageable goals
• Keep office hours
• Stick to a routine

*If working from home as a parent or caregiver
Advantages – GT Work Life Benefits

• Onsite childcare centers
• Flexible work arrangements
• Tuition assistance
• Be Well - Benefits Education and Wellness Series
• Summer camp resources
• Service Recognition
• Staff Awards
• Leaves of Absence
• Perks and Discounts
• Virgin Pulse Wellbeing Program
• LiveHealth Online and LiveHealth Psychology and Psychiatry
Advantages – EAP Work Life Benefits

• Counseling
• Legal services
• Financial services
• Family caregiving services
• Academic resources and referrals to tutors
• Pet care services
• Special needs services
• Daily living and concierge resources
• Relocation services and referrals
Keep the Faith

• Positive Emotions
• Optimism
• Faith/Prayer
• Gratitude
• Meditation
• Nature/Fresh Air
• Calming Music
• Relaxing Breaths
Intentions (Goals)

- Brings pleasure
- Gives us a sense of meaning and purpose
- Brings a sense of accomplishment
- Think about things you’ve put off
- Set new intentions
- It doesn’t have to be huge
- Vision boards
Be Neighborly (Socialize)

- Stay connected
- Phone calls/video chats
- Check in with people before meeting starts
- Virtual Group events
- “Zoom” Happy Hours
- Church
- Meetup.com
- Affiliated Organizations, ERGs, Staff Council, etc.
Give Back

• Volunteer
• Assist the elderly with grocery shopping
• Create cards for nursing homes or military personnel overseas
• Donate Blood
• Donate to Food Bank
• Klemis Kitchen
Communication

- Over-communicate
- Be realistic
- Connect regularly
- Regular Check-ins
- Check in on colleagues
Awareness

• Be aware of what you’re feeling
• Stay connected
• Utilize EAP- KEPRO
• LiveHealth Online Psychology or LiveHealth Online Psychiatry
Review (Keep Learning)

- Workplace Learning and Professional Development
- Campus Learning Directory
- LinkedIn Learning
- Free workshops
- Free library resources
- Georgia Tech
- Community library
- Techmasters
- Microsoft E-Learning Courses
- GTPE
- MOOCs (Massive Open Online Courses)
Enjoy Yourself (Self-care)

- Remember the airplane safety warning
- Set aside time for self
- Wellness activities: exercise, meditation/prayer, journaling, art, crossword puzzles, art
- Learn to say no
- Eat good quality, whole foods
- Change your priorities. Make your own wellness a priority
- Get 7-9 hours sleep
- Movement 30 minutes/day, 5 days/week
Questions?