

STRATEGIES TO DISCONNECT



✓ STAGGERING FACTS

- 48% label themselves as workaholics
- 66% admit to no work-life balance
- 77% experience burnout
- 8.2% more hours (49 minutes) worked when working from home

Karrie Brazaski

Karrie helps tame the chaos so you never get to the point of tossing in the towel and yelling, "I'm DONE!" She is a nurse of 30 years and an advocate for emotional wellbeing and burnout recovery programs for busy professionals and their children around the world.

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Boundaries to Create Work-Life Balance!

Working from home can have its advantages, but it also has some negatives. You must be more diligent at creating distance and a defined separation at the end of the work day to ensure that you keep work at work and not bleeding into your personal time.

01 End of the Work Day Ritual - Creating a routine to be completed at the end of the day can help define the stop time. Turning off the computer, physically distancing yourself from the work space.

02 Turn Off Notifications - Allowing email and other notifications into non-working hours can cause difficulty withdrawing from the workday. Establish a rule of no email after a designated time, turn off notification alerts on work texts and emails and answer them on the next business day.

03 Create Commute Time - When working from home taking a break can be as simple as walking from one room into your kitchen. Create your own commute time. Try going outside for a few minutes. Walk to the end of the driveway or hallway a few times. Go for a walk or do some stretching to help you disconnect from work, like you did prior to working from home.

04 Communicate Availability Expectations - Communicate with team members to establish boundaries, after hours response expectations, and availability to allow for support and flexibility.

05 Ask for Help - There will be times when you simply can't keep all of the balls you are juggling up in the air. Ask for help. That may be asking for assistance from co-workers or it could be your family members. Drop the guilt knowing you would be there for others when they need assistance.

SLEEP DOES THE BODY GOOD

SLEEP TO REDUCE STRESS

Make Sleep A Priority!

01

Establish a bedtime routine giving your body the message that it is time to wind down for the night and prepare for sleep. Strive to be in bed by 10pm to work with your bodies natural rhythms. This will avoid you getting a second wind and unable to sleep until 1 or 2am.

02

Get outside! Sunlight on your face each day will help to improve your sleep each night. You want unfiltered light without sunglasses and sunscreen. Twenty minutes of sunlight will help boost your bodies Vitamin D and melatonin production, which later will help you sleep better.

03

Limit technology in the evening. Go screen free for 30-60 minutes prior to sleep time. This will reduce the white and blue light that triggers the brain to stay awake. Finish email and work items earlier in the evening so as to not disrupt your sleep or activate a worry loop that you can't turn off.

04

Check your diet. Limit caffeine intake after 2pm. Don't eat a heavy meal just before bed. If you have frequent 2am wake periods, try adding resistant starch to your evening meal. Resistant starch options: 1/4 cup beans; 1/4 cup of potatoes or rice (boiled, cooled, then reheated); or 1/2 green banana.

05

Keep your bedroom a sleep sanctuary. Don't do work or check email in bed. Keep the room cool and dark for sleep. Limit electronics in the bedroom. If you have a clock, make sure the numbers are red or amber instead of white, which can trigger your brain to wake up.



✓ SLEEP FACTS

- The CDC recommends 7-9 hours of sleep each night
- Sleep is as important as diet & exercise
- Inadequate sleep is associated with higher rates of mortality
- 46.5% say they have had to sacrifice sleep for their work

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