Good morning

Welcome to Day 2

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Work/Life Balance for Public Health Leaders

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How do your days go?

- Do you feel frazzled and out of control?
- Anxious? Difficulty sleeping? Using alcohol?
- Or focused and relaxed?
- Do you sometimes feel like tossing in the towel and letting others ensure the Canadian public gets to enjoy good health?
- A few tips to help you to keep contributing without killing yourself or your dog
The Dalai Lama

• If you don’t like your job, quit.
• Make friends with the people you work with. Then you will look forward to going to work to visit your friends.
• If someone “above” you at work is giving you problems, just let it go. The universe will ensure they get what they deserve.
• His Holiness the Dalai Lama, The Art of Happiness at Work, 2003
Control what you can control

• Take responsibility for what you are responsible for
• Don’t waste energy being frustrated with what others are, or are not, doing
• Covey, Stephen; The 7 Habits of Highly Effective People, 1989
Stress is Contagious

- Remember emotions are contagious
- You are a leader and need to set the tone for a healthy workplace
One Step at a Time

1. Exercise – schedule it in, with a training partner that you can’t “stand up”
2. Eat well – not fast food
3. Drink less – no more than 9 drinks a week for women, 14 for men
4. Sleep – fine if you get a “solid 6”
Organize and Prioritize

- Schedule in fun outside of work
- At work, clean up your desk and develop a functional filing system
- Make a schedule, make it realistic, and try to stick to it
- Prioritize the “musts” ahead of the “shoulds”
- List your tasks and apply the above points
- Mayer, Jeffrey; If you haven’t got the time to do it right, when will you find the time to do it over?, 1990
Project Planning

If a project seems overwhelming:

• develop an overall plan
• identify “step one” - the first thing to do
• establish when you think you can get step one completed by
• you are on your way!
Delegate

- To younger, (smarter), capable staff
- Encourage them to work one notch above their job description at all times
- Have high expectations
Compromise

• You might need to settle for a B+ job instead of an A
• Good enough can be good enough
• Strive for excellence, not perfection
• Be willing to change your behaviour
• Be willing to bend a little
• Look for the happy middle ground
Improve your Emotional Intelligence

- Manage and use your emotions in positive and constructive ways
- Communicate with others in ways that:
  1. draw people to you,
  2. overcome differences,
  3. repair any wounded feelings, and
  4. defuse tension and stress
Be Positive

• Focus on what you are getting done and which parts of your work environment are working well
• You can gain energy from that to address the problems
As Leaders

- Ensure staff have clear job descriptions and expectations
- Consult them as much as possible so they feel they have a sense of control
- Your mood will often set the tone; be aware of how you sound
Enjoy Your Day

• Take care of yourself
• Keep working
• The Canadian public is not healthy yet!