

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!