LANESBORO WOMEN SPEAKER SERIES

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The work-life balance when you own your own business: Strategies that support success

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Strategies for Success

2 ideas

5 strategies

ldea #1

Our Brains Can Only Do ONE THING AT A TIME

Experiment:

MULTI TASKING IS A MYTH 1 2 3 45 6789....

ldea #2

Embrace the "&"

- Fatigue, multiple demands → Inflexible Thinking
- A person can
 - Go on vacation and still be fully committed to work
 - Care about an employee and still terminate their job
 - Want a more equal housework and feel uncomfortable with it
 - Make mistakes and still be a successful business person
 - Forgive someone and still feel hurt
 - Have mental illness and still be a strong, successful leader



The Blind Men and the Elephant
Sometimes, to really know your business,
you have to step away from it for a bitto see it from a fresh perspective

Consultant, Coach



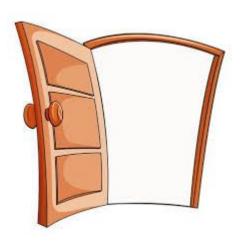
5 Strategies to Solve Any Problem

- 1. Fix it or Quit (Get rid of the problem)
- 2. Feel better about the problem
- 3. Tolerate the problem and the stress associated with it
- 4. Stay Miserable or,
- 5. Make it Worse

1. Fix it or Quit

(For when the problem is Fixable)

- Brainstorm solutions, both wild and practical
 - Take time
 - Write them down
 - Be creative
- Get better at asking for Help (and accepting it)
 - May take some practice/ exposure
 - List might help
 - Deep breathing, willing hands
- Remember: Saying NO allows you to say yes to something else
 - May take some practice/ exposure
 - List might help
 - Deep breathing, willing hands



2. Feel Better About the Problem

For when you can't fix the problem right away

- Accumulate Moments of Joy
 - AKA: Stop and smell the roses
 - Write 3, Share
- Self-care is a good investment; where do you need balance?
 - Nutrition
 - Sleep
 - Movement
 - Physical illnesses, pain
- Face the Catastrophe and look beyond it
 - What's yours?



3. Tolerate the Problem and the Stress

For when you can't fix the problem right away & can't feel better about it

Practice self compassion

- Kristin Neff
- Awareness of feeling overwhelmed
 - What are your "red flags"?
 - What does it feel like in your body?
- Remember how you are similar to others
 - would most people in this situation feel this way?
- Talk to yourself they way you would talk to a good friend
 - Don't judge "I am so disappointed I missed the deadline"
 - Encourage "You took responsibility and will plan better next time"



3. Tolerate the Problem and the Stress

For when you can't fix the problem right away & can't feel better about it

- Radical Acceptance
 - PAIN + RESISTANCE = SUFFERING
 - Breathe with Willing Hands (especially helpful with anger)
- Take Just One Moment at a time
- Breathe (acetylcholine, PNS)
 - Simple Habit Meditation Meditations to decrease stress and anxiety
 - Calm Meditations, breathing, sleep, music
 - ADAA Reviewed Mental Health Apps https://adaa.org/finding-help/mobile-apps
- Use Cold Water (Mammalian Dive Reflex)

4-5. Stay Miserable-Make it Worse

- "Venting" in/of itself doesn't help reduce stress
 - It's the Validation you receive that helps
 - Someone else sees you pain, takes it seriously, tries to understand
- "Insanity is doing the same thing over and over again and expecting different results"

Other Ideas, Thoughts, Questions

Mentors and Paying it Forward

End the stigma; Make it OK

Resources

Please feel free to contact Riverstone Psychological Services for Rochester resources and feedback on today's presentation.

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