

# 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

# Idea #1

Our Brains Can Only Do  
**ONE THING AT A TIME**

Experiment:

MULTI TASKING IS A MYTH

1 2 3 45 6789....

# Idea #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**

# Or....

## The Blind Men and the Elephant

Sometimes, to really know your business,  
you have to step away from it for a bit-  
to 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 the 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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