

# *Achieving A Balanced Life Through Positive Practices and Mindfulness*

*Presented By Lori Spensieri  
And Tanya Walsh*



# Leaders of Your Own Learning 2022

## Achieving A Balanced Life Through Positive Practices and Mindfulness

February 18, 2022

Tanya Walsh and Lori Spensieri

# Land Acknowledgement

Out of our deep respect for Indigenous peoples in Canada, we acknowledge that all Toronto Catholic District School Board properties are situated upon traditional territories of the Anishinabek (a-ni-shna-bek), the Haudenosaunee (hoh-Dee-noh-Shoh-nee) Confederacy, and the Wendat peoples.

We also acknowledge the land covered by Treaty 13 is held by the Mississaugas of the Credit First Nation, and Toronto is subject to The Dish with One Spoon covenant.

We also recognize the contributions and enduring presence of all First Nations, Métis, and Inuit peoples in Ontario and the rest of Canada.

# PRAYER

Dear God, I come to you seeking balance. May I be in control of my destiny even as I know you have plans for me. May I be generous to the ones I love while making sure I care for my own needs. Help me achieve peace within and never give up my fight of justice for all. Father, hear my prayer.



# Rules of Video Conference Engagement

Your understanding and cooperation is appreciated as the rules are reviewed for effective engagement in this video conference.

# Rules of Video Conference Engagement

- **MIC = MUTE**
- **VIDEO OFF = not visible to anyone**
- **VIDEO ON = always visible**  
even if you switch to  
another tab in your browser

# Rules of Video Conference Engagement

## If VIDEO = ON

- protect your privacy
- location
- surroundings
- behaviour
- attire

# Rules of Video Conference Engagement

- Use Raise Hand feature
  - On a computer? Use participant window.
  - On a phone/tablet? Touch the screen.
- Unmute Mic when acknowledged.



# Rules of Video Conference Engagement

- This Video Conference may be recorded.
- Links to resources will be provided in the CHAT window.

# Rules of Video Conference Engagement

- TCDSB Acceptable Use Policy applies to this video conference.
- No:
  - recording (video/ audio),
  - photos,
  - sharing of meeting material
- Role of the Host

# Rules for using Chat features

- Ask questions/make comment
- Use appropriate language
- No derogatory terms or comments

# Message for Occasional Teachers in Attendance

- Any occasional teacher attending today's session is asked to message the Administrator Host using the private chat feature to ensure payment for pre-approved attendance.

# GRATITUDE

Thank you for spending the day here with us.

Thank you for putting your faith in us, to provide you with useful information that will help you find more happiness and a better work/life balance.



# PLAN FOR THE MORNING SESSION

- 9:25 - 9:35** Introduction & Prayer
- 9:35 - 9:45** Self-Assessment and Inventory of stress level
- 9:45 - 10:45** Presentation - Practices for Home/Work Balance
- 10: 45 - 11:05** Other resources, ideas and questions
- 11:10** Breaktime



# PLAN FOR THE AFTERNOON SESSION

- 11:50 - 12:00** Introduction & Prayer
- 12:00 - 12:10** Self-Assessment and Inventory  
of stress level
- 12:10 - 1:10** Presentation - Practices for  
Home/Work Balance
- 1:10 - 1:35** Other resources, ideas and questions
- 1:35pm** Conclusion





WHO IS TANYA?







WHO IS LORI?



# 3r4inxw



**Classroom code**

BEFORE WE REALLY DIVE IN..

EVERY ONE STOP...

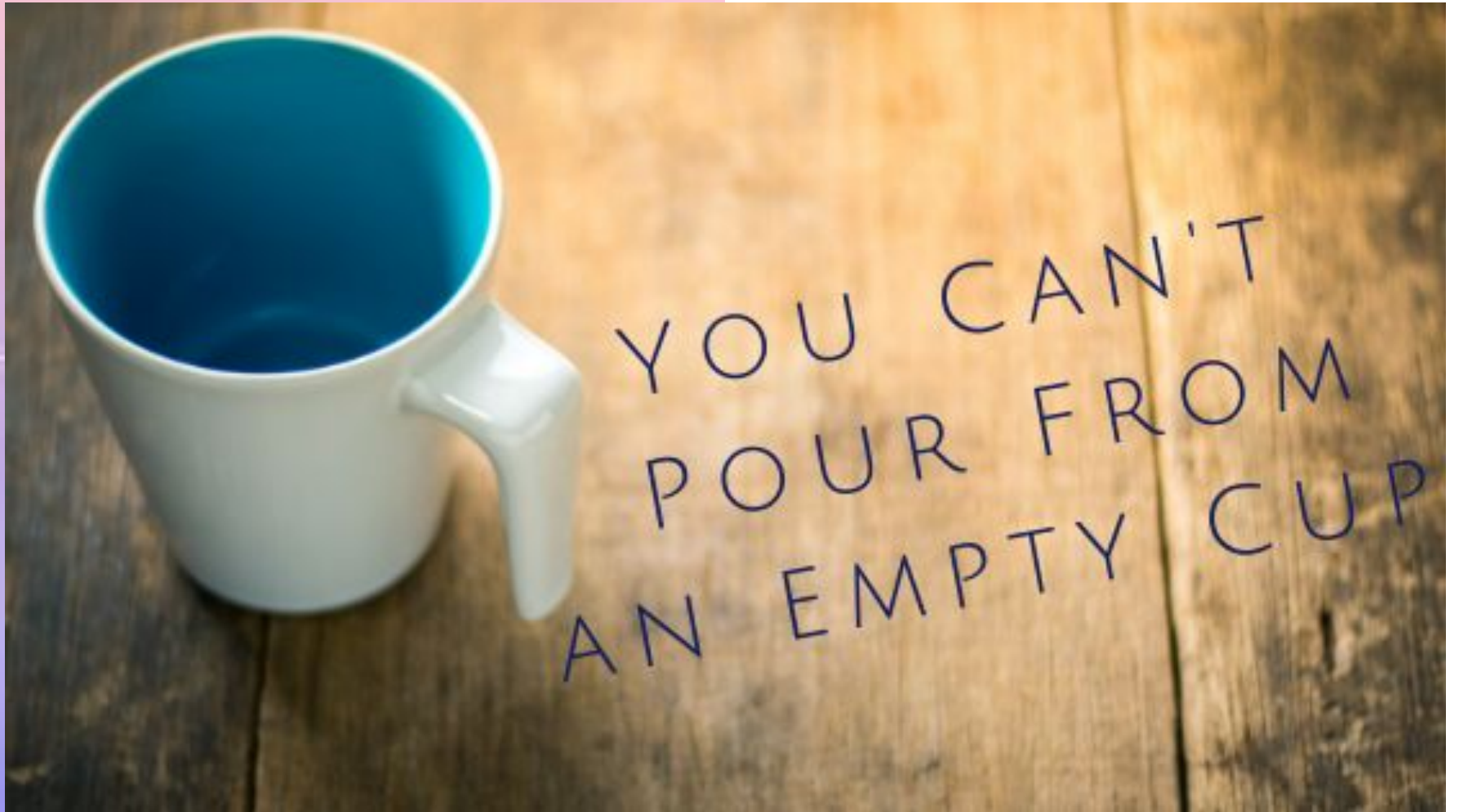
Let your shoulders drop

Unclench your teeth

Exhale...

Take a nice deep breath and breathe out  
slowly...

This is meant to be a relaxing day



YOU CAN'T  
POUR FROM  
AN EMPTY CUP

# THE PLAN FOR THIS SESSION...

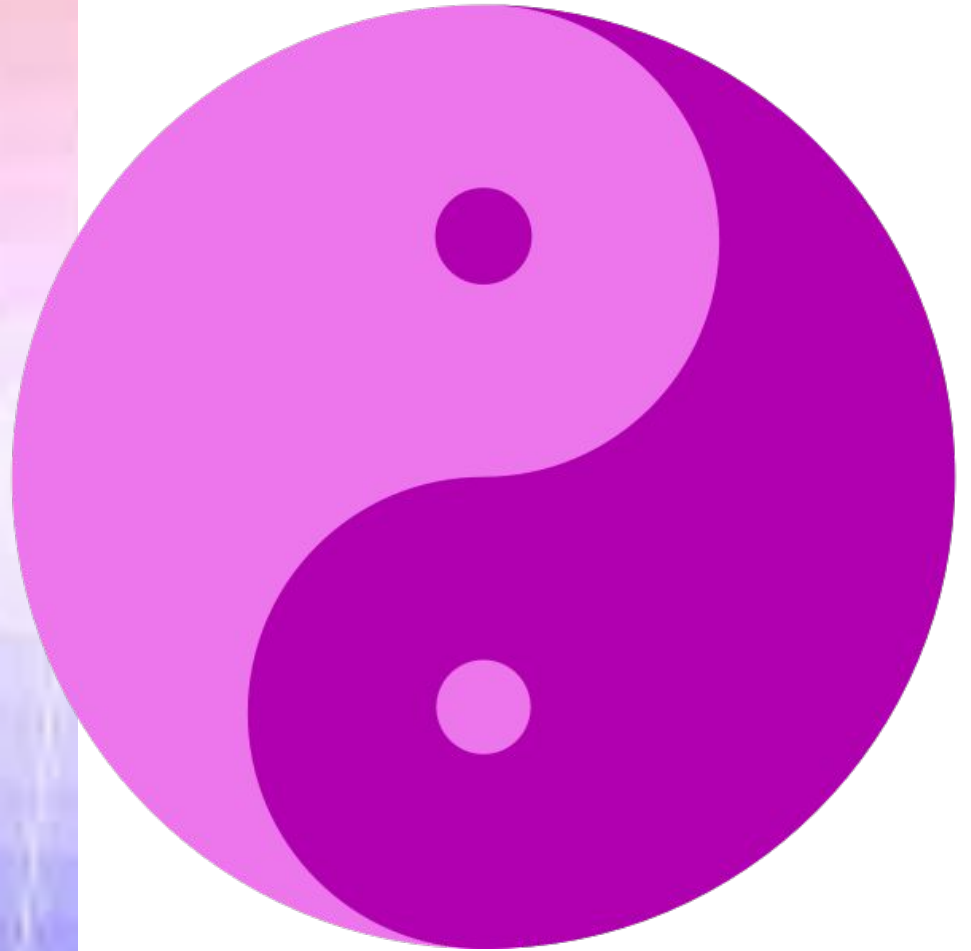
Brace Yourself to Feel  
Relaxed and Wonderful!

- The importance of balance (Work/Life)
- How Stress affects the body, mood and behaviour
- Proactive measures to avoid stress
- Reactive measures to avoid stress
- Tips for gaining balance
- Short guided meditation
- Feedback form

# A NOTE ABOUT COVID...



THE IMPORTANCE OF  
BALANCE BETWEEN  
WORK AND LIFE







# 4 WAYS TO FIND BALANCE

## FOUR EASY STEPS TO FINDING BALANCE



### Identify what Balance means to You

Wanting balance may mean that you want more of something that's missing from your life. Take some time to outline what balance means to you. This is a great starting point towards getting what you want.



### List Everything You are Balancing

Do a brain dump of everything that you are trying to balance, even the smallest stuff. Getting it out of your head can help you see what's there, what matters, and what you are working towards.



### Pick What to Say No To

If there's anything on that list that you want to say no to, now is the time. Give the list a thorough review. Is there anything there that no longer serves you? Cross it off your list, and take steps to move on without it.



### Keep Your Priorities

There are some things on your list that are clear priorities. Are you making time for YOU every day? Once you've identified your priorities, make time for the things that matter most every day.

*Jump Start Your Joy*

REFLECTION  
QUESTIONS...

1. WHAT ARE SOME  
FACTORS THAT  
CAUSE STRESS OR  
ANXIETY?

2. WHAT ARE SOME  
OF THE PHYSICAL  
EFFECTS OF STRESS?

3. HOW DOES STRESS  
AFFECT OTHER PARTS  
OF YOUR LIFE?

4. WHAT CAUSES YOU  
THE MOST STRESS IN  
YOUR LIFE?

# SYMPTOMS AND EFFECTS OF STRESS IN OUR LIVES

## PHYSICAL EFFECTS

Fatigue  
and Sleep  
Problems

Chest  
Pain

Headache and  
Muscle Pain

Stomach  
Upset and  
Digestion  
Issues



# SYMPTOMS AND EFFECTS OF STRESS IN OUR LIVES

## EFFECTS ON MOOD

Lack of  
Motivation or  
Focus

Lack of  
patience

Anxiety and  
Restlessness,  
Feeling  
Overwhelmed

Sadness or  
Depression,  
irritability  
and Anger





# SYMPTOMS AND EFFECTS OF STRESS IN OUR LIVES

## BEHAVIOURAL EFFECTS

Over Eating  
or Undereating

Angry  
Outbursts

Drug or Alcohol  
dependence, use  
of tobacco

Social  
Withdrawal



HOW

STRESS



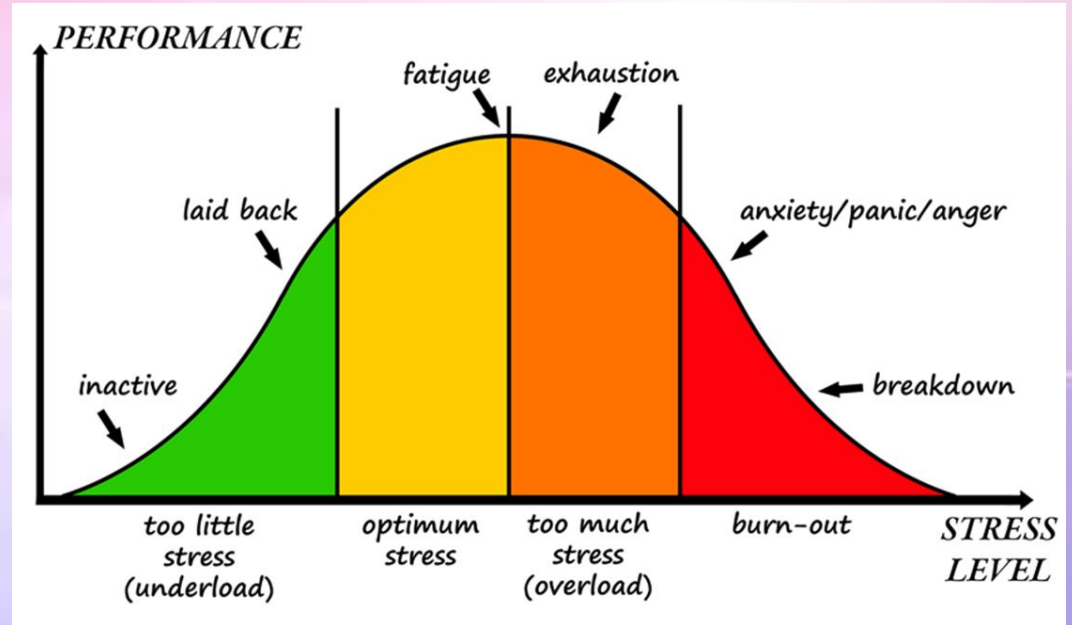
CAN MAKE YOU

SICK

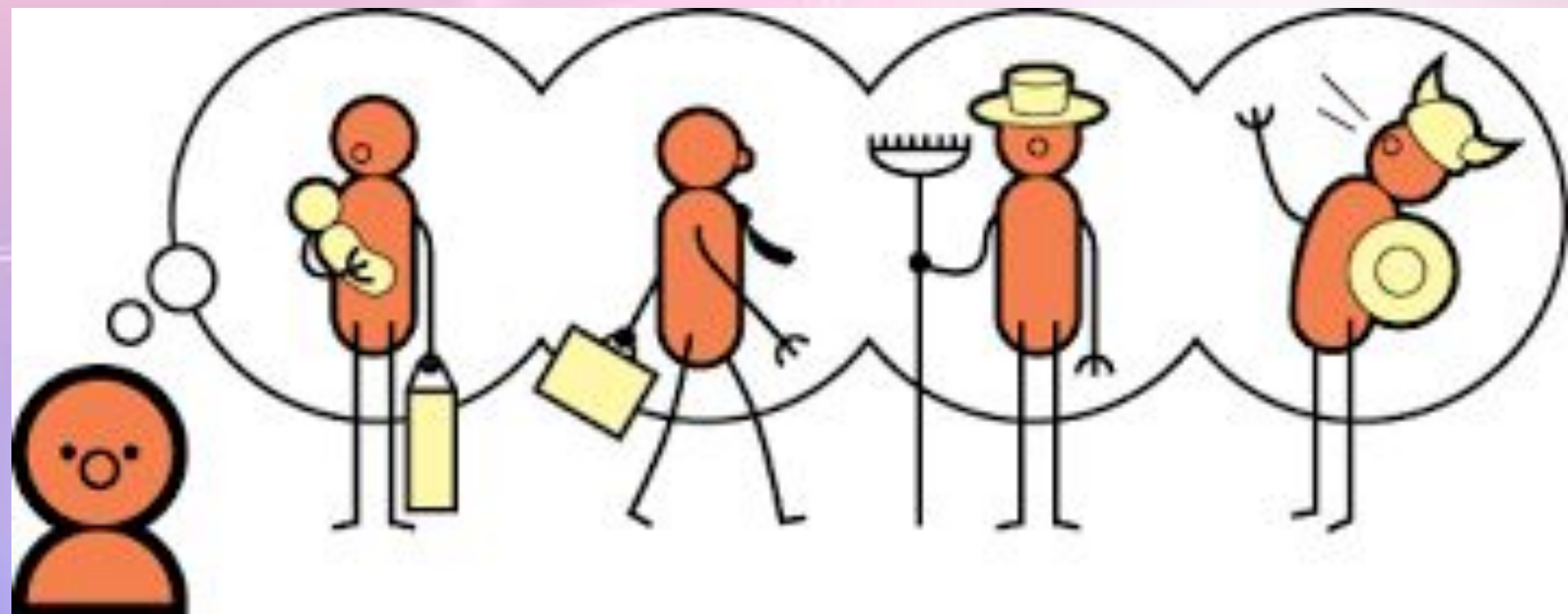


# BENEFITS OF STRESS?

- Boost creativity
- Boost motivation
- Boost performance
- Increase speed
- Increase strength



Some benefits associated iwth survival Fight or flight.









# COMPLETE THE STRESS ANALYSIS

<https://cmha.ca/find-info/mental-health/check-in-on-your-mental-health/work-life-balance-quiz/>

## Disclaimer

*This is not a scientific test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health care professional.*







BALANCE WILL LOOK  
DIFFERENT FOR EACH  
OF US.



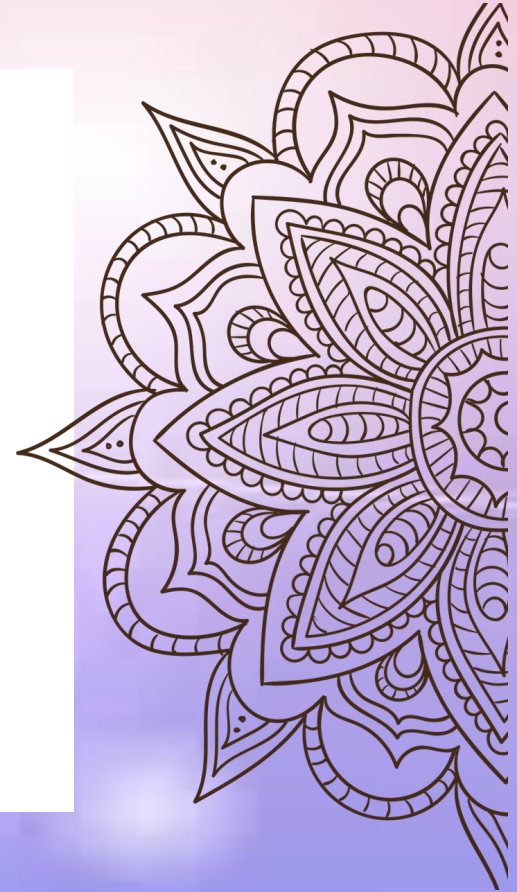
# QUESTION

What are the most important items to include on your list in order to ensure a balanced life?

Person 1	Person 2	Person 3
Spouse	2 Children	Spouse
3 kids	Aging parent	2 kids
Dog	Job	Job
Workouts	Volunteering	Part time job
Job		Cottage

## LACK OF BALANCE LEADS TO...

- STRESS
- ILLNESS
- PROBLEMS IN RELATIONSHIPS
- LACK OF SATISFACTION

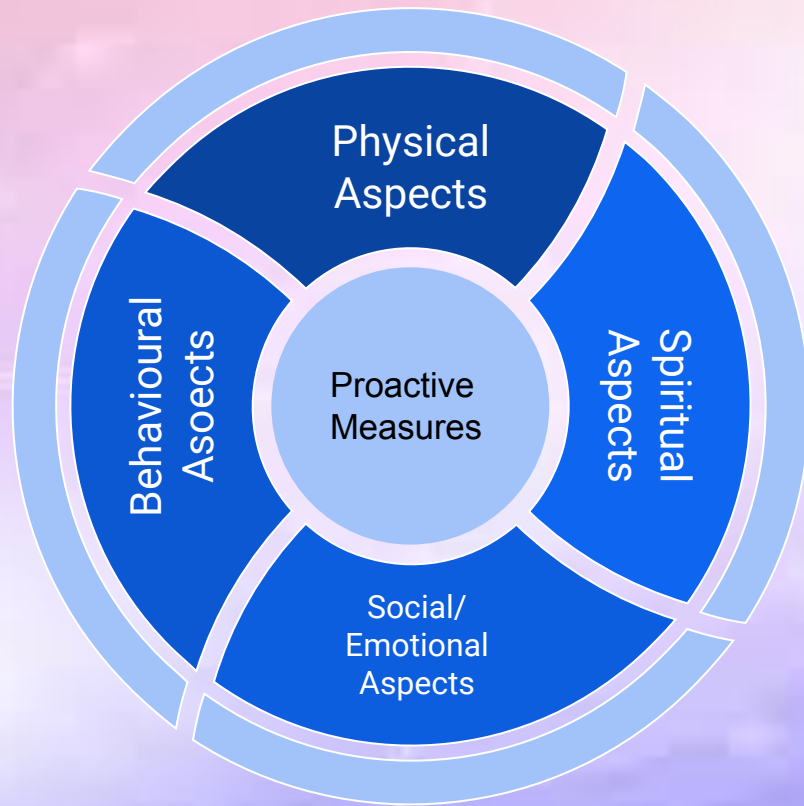


WHAT CAN WE DO TO  
CREATE MORE  
BALANCE IN OUR  
LIVES?

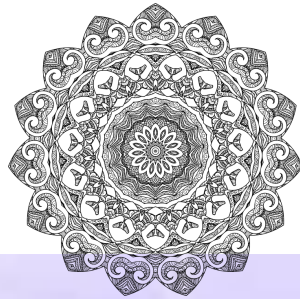


# PRACTICES FOR HOME/WORK BALANCE



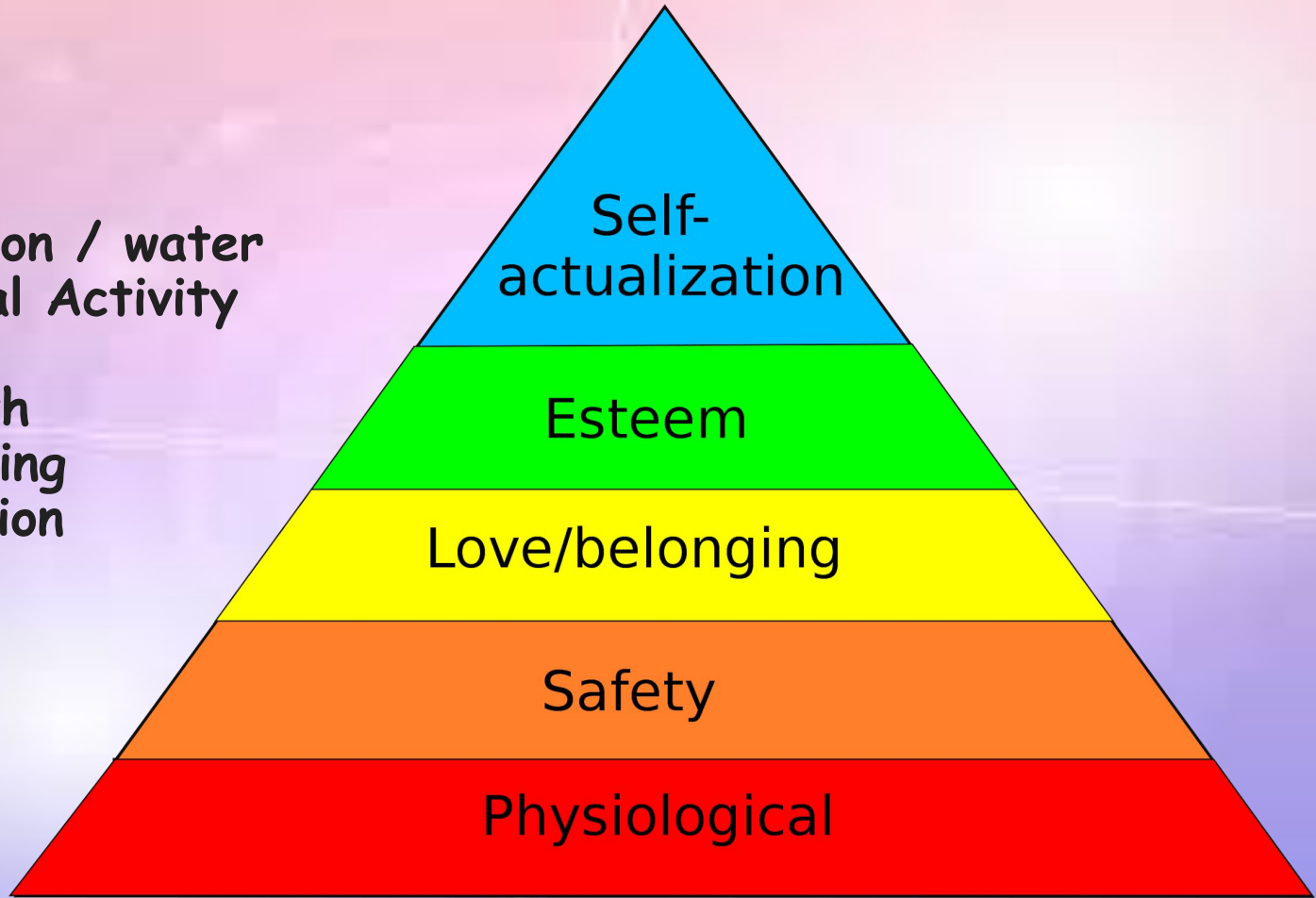


# PROACTIVE MEASURES TO CREATE / MAINTAIN BALANCE



Physical Aspects

- Nutrition / water
- Physical Activity
- Sleep
- Warmth
- Breathing
- Excretion





DEMONSTRATION

SMILE TEST!

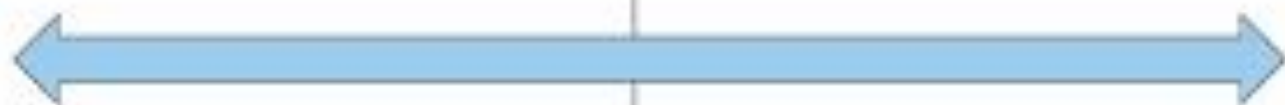




Unhappy



Happy



1

2

3

4

5

6

7

8

9

10

Happiness rating

NOW YOU WILL SMILE  
I WILL TIME 30 SECONDS  
SMILE THE ENTIRE TIME.



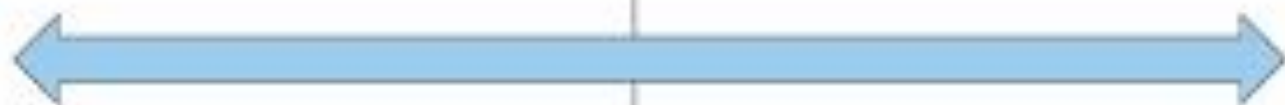




Unhappy



Happy



1

2

3

4

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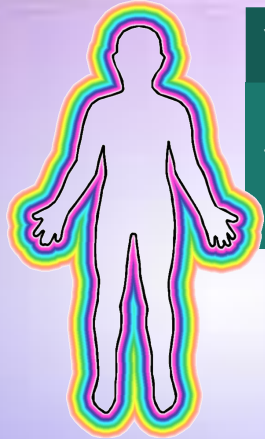
8

9

10

Happiness rating

# THE SMILE CYCLE



## You Feel happy

Body responds with facial expressions, behaviours and words

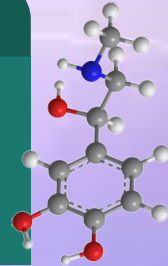
## You Smile

Whether you feel happy or not, smile to heighten your mood.

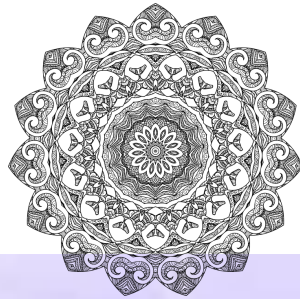


## Hormones are Released

Hormones and neurotransmitters will be released that make you feel calm, happy and connected to others



# PROACTIVE MEASURES TO CREATE/MAINTAIN BALANCE



Behavioural Aspects

# BEHAVIOURAL ASPECTS TO THINK ABOUT...

- **Organization**
- **Planning, time management**
- **Be clear and deliberate**
- **Helpful Habits**
- **Use positive language**
- **Other behavioural tweaks**





DEMONSTRATION



1) HAPPY QUOTE TO START  
YOUR DAY.

2) HOW ARE YOU TEST

3) LIST OF PRIORITIES

# 50 WAYS TO ANSWER "HOW ARE YOU"

- I'm good.
- I'm fine.
- Pretty good
- I'm well
- I'm OK.
- Not too bad.
- Yeah, all right.
- I'm alive.
- Very well, thanks.
- I'm doing really well.
- I'm pretty standard right now.
- I'm hanging in there.
- I've been better.
- Nothing much.
- Not a lot.



- I am blessed!
- Medium well.
- Sunshine all day long!
- I am high-quality.
- Incredibly good looking.
- Well enough to chat with you if you wish to.
- I'm better than I was, but not nearly as good as I'm going to be.
- I think I'm doing OK. How do you think I'm doing?
- Way better than I deserve!
- I have a pulse, so I must be okay.
- Better than some, not as good as others.
- Much better now that you are with me.
- I would be lying if I said I'm fine.
- Surviving, I guess.
- In need of some peace and quiet.



ANSWER THESE QUESTIONS FOR YOURSELF:  
BEFORE YOU BEGIN EACH DAY,

# *Set Priorities*

WHAT 2 THINGS MUST BE ACCOMPLISHED FOR WORK?

WHAT 2 THINGS MUST BE ACCOMPLISHED FOR HOME?

WRITE THESE DOWN.

- 1) DO THESE FIRST
- 2) BREAK DOWN TASKS INTO SMALLER DOABLE JOBS OR TASK
- 3) DELEGATE, AND ACCEPT HELP.
- 4) SET A GOAL EVERY NIGHT BEFORE BED.

- a) The belief in some higher power,  
beyond us little people
- b) The provision of ritual
- c) Physical Benefits

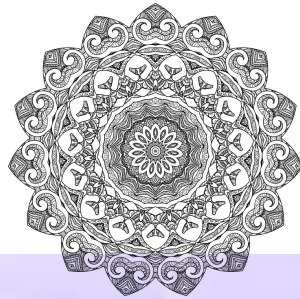
DEMONSTRATION





# OBSERVING YOUR BREATHING

# PROACTIVE MEASURES TO CREATE/MAINTAIN BALANCE



Social/Emotional Aspects



**Three reasons that establishing one's social identity is very important:**

- a) **Improve your Professionalism through social networking.**
- b) **The happiest people are those with strong social supports.**
- c) **It can make your job easier through consistent social contact with colleges, students and their parents.**



DEMONSTRATION



# 1) COLOURING

# REACTIVE MEASURES TO CREATE / REGAIN BALANCE



# COUNTERACT LOSS OF BALANCE - ACTIONS

- 1) Take a break
- 2) Get some fresh air
- 3) Reassess the priorities
- 4) Look at where time is being wasted or lost
- 5) Delegate some tasks to others
- 6) Do things the easy way when possible



# MINDFULNESS THROUGH CREATIVITY - AND CREATING

## Benefits of being creative

- Allow you to be in the moment (mindfulness)
- Allows you to enter the zone
- Alleviate a negative mood
- Alleviate anxiety and stress
- Prevent degenerative illness
- Improves memory
- Allows for self-expression



# HOW TO HAVE A BALANCED LIFE - TIPS

Time management skills are vital

- Have a to-do list, prioritize the items
- Have a LOG OUT time each day where WORK ends
- Try not to multi-task. One thing at a time is ideal
- Watch out for time snatchers (TikTok, other social media, video games, binging Netflix)\*\* moderation



MY VIDEO





VIDEO

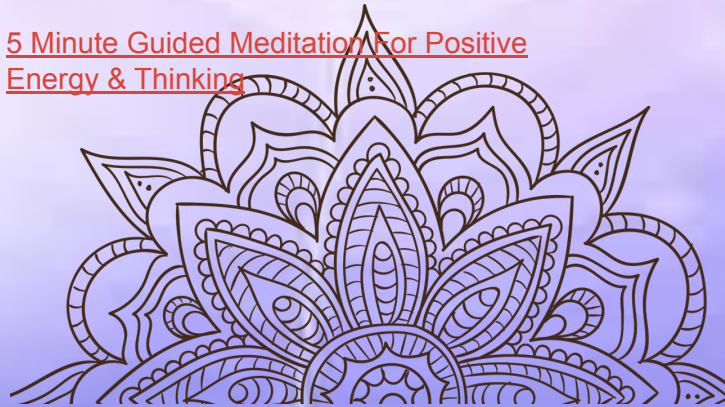


# MINDFULNESS THROUGH MEDITATION

A guided meditation to leave you feeling renewed.

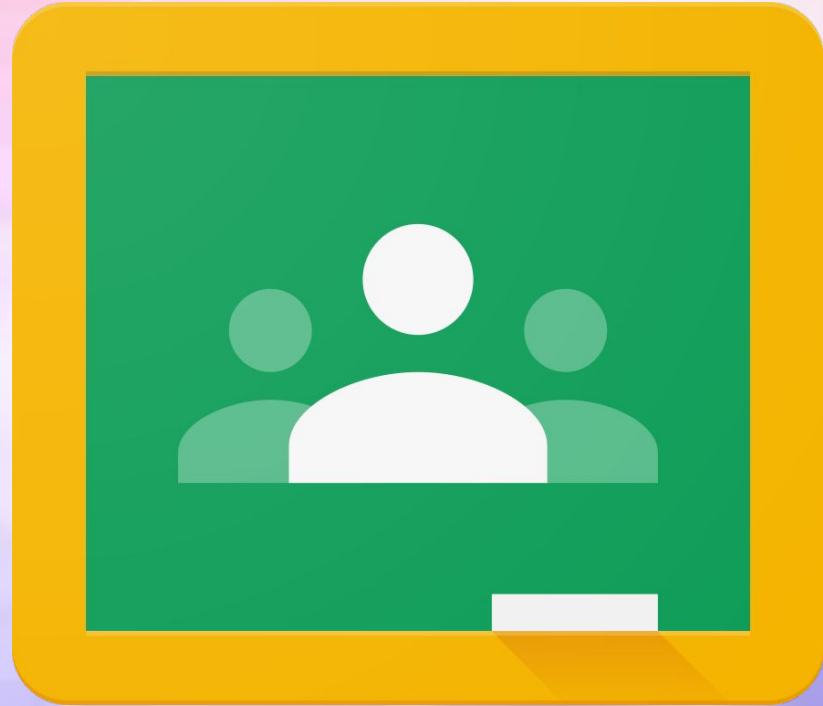
[https://www.youtube.com/watch?v=z\\_4B2HGwh1A](https://www.youtube.com/watch?v=z_4B2HGwh1A)

[5 Minute Guided Meditation For Positive Energy & Thinking](https://www.youtube.com/watch?v=z_4B2HGwh1A)



# GOOGLE CLASSROOM

- Printables
- Planner
- Articles/websites
- Apps
- Media and film
- Demonstrations



QUESTION FOR US...

Questions for us?



FEED BACK TIME... PLEASE...





Thank You