

TeamStrength Leadership Workshop 2016 Attendees' Strategies for Balance:

- Call my mother when I am driving home at the end of the day. It transitions me out of work mode. – *Andy Abernathy*
- Staycations with my family. – *Kimberly Brooks*
- Plan my day; work my plan, exercise, walk, being grateful. – *Scott Hillman*
- Exercise. – *Brad Carlson*
- Quiet time/meditation. – *John Hammond*
- Running, visiting family, and video games ☺ – *David Palombo*
- About 2 years ago I stopped working on the weekends. I discovered the world did not come to an end. All of the work is still there on Monday. This has made a huge difference in my stress level and I believe it has forced me to work more efficiently – *Lara Triozzi*
- Playing with my kids – *Tricia Washington*
- Exercise, trips to Bimini, getting up from my desk, and walking outside. – *Shane McGuinness*
- Planned vacations with my family and a consistent exercise routine. – *Warren Dietel*
- Scheduling time for me. Actually putting myself on the calendar every day.
- Practicing my Christian faith.
- Outdoors. For me everything outdoors releases stress. My biggest thing is to smile as much as possible. Who wants a world with a bunch of grumpy faces? Not me.
- Spending time on boat with family.
- When I feel the pressure and stress starting I get up and walk around and talk to people and return with a new attitude.
- Walking my dog every night. It gives me a quiet time every day to think and prioritize what's important.
- Yoga and veganism/Bourbon and hunting.
- I try to be available a lot of the time, even outside of the office, because of clients in different time zone, etc. So I choose activities where I am physically unavailable a few times a week (workout class, no cell phone) to have some "me time." The rest of the night, I'm happy to stay caught up on email or take a quick call.
- Do my best to take my responsibilities seriously but leave them at the door when the work day is done.
- Going out of the building for lunch even if it is just to run an errand. I never used to do this but now do it almost daily and does make a difference.
- Unplug the cell phone after a certain hour; focus on something pleasurable
- Fitbit – does not lie – get up, walk – breathe!!
- When I leave for the day I turn it off. I never bring my stress with me.
- To be sure to connect with others throughout the day, even if it's just to say hello.
- A glass of wine and time with my wife.
- Daily morning work-outs and a day at the beach alone.
- Talk and bounce off ideas and situation with fellow co-workers.
- Spend at least one hour on something creative. Writing, guitar or learning something new.
- Spend as much time with family as possible, and relax on the back porch with reading materials and a cup of coffee.
- Every hour or two, take about 5 minutes to step outside, away from the computer/desk/etc. and move around, force yourself not to think about what you're working on for a moment.
- Time in my faith and with my family.