



ENGINEERING MANAGEMENT INSTITUTE

# Self-Care and Work-Life Balance: Keys to Engineering Career (and Life) Success

Presented by:  
Chris Marshall, P.E.

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Introduction – Chris Marshall, P.E.

- Regional Geotechnical Engineer
- Over 20 years of consulting experience
- MS degree in Civil Engineering in Georgia Institute of Technology
- BS degree in Civil Engineering in The University of Memphis



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Purpose and Learning Objectives

**Purpose:** To give you specific actions that you can take on a daily basis to promote self-care and work-life balance. In this session, you will:

- Learn how to identify burnout,
- Learn techniques to manage your physical, mental, and emotional well-being when you are busy, and
- Learn how to prioritize activities at work and at home, to get the most out of life.

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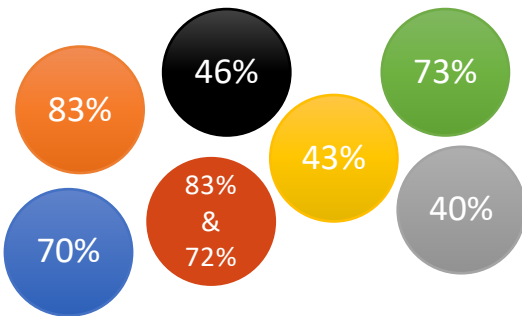
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Current Workplace Environment



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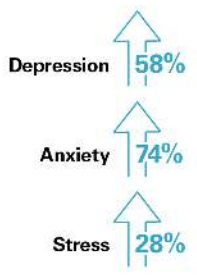
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Signs of stress. EAP calls 2012 to 2014.



- Being tired all the time
- Sleepless nights
- Aches and pains
- High anxiety
- Weight gain
- Inability to keep things straight
- Anger issues at work
- Depression



Source: CareerBuilder survey of U.S. employees, 2017.  
Source: Workplace Options global study, 2015.  
Infographics from <https://www.stm.ca/hr/health/magazine/0817/pressinfo/psychic-the-problem-with-burnout.aspx>

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Factors Contributing to Workplace Stress

- Now Culture
- Smaller Workforce
- Long Work Hours
- 24/7 Communication
- Less Vacation / Sick Time
- Burnout

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### Top Reasons for Burnout



Sources: Kronos Inc. and Future Workplace study, 2016. Infographic from <https://www.kronos.com/en/br/industry/news/br/management/0817/2016/infographic-the-top-reasons-for-burnout.html>

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This webinar will provide strategies for managing workplace stress and taking care of yourself.

- Self-Care
- Work-Life Balance
- Physical
  - Health
  - Energy Level
- Mental
- Emotional

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Sleep is one of the most critical (and neglected) components of self-care.



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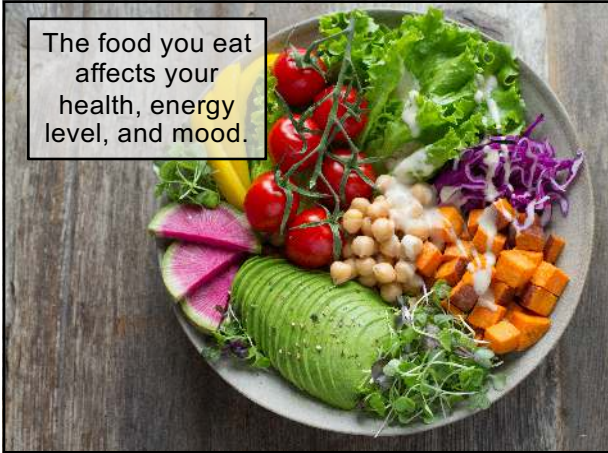
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The food you eat affects your health, energy level, and mood.



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Regular physical activity is essential for long-term health.

At Work



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Communication is vital during stressful times.



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My favorite self-care activity is taking a walk in the park.



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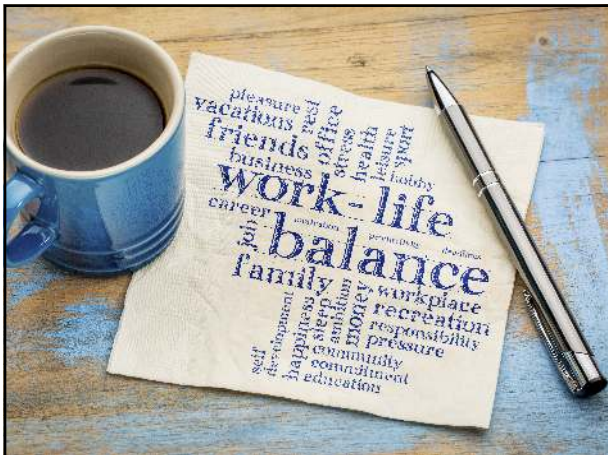
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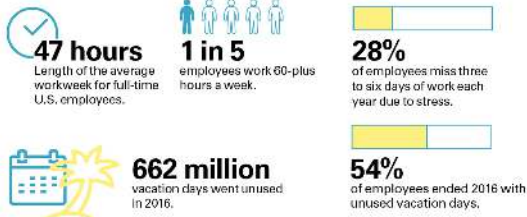
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Employee are working longer hours and taking less vacation.



Source: The State of American Vacation 2017, Oxford Economics. Infographic from <https://www.storm.com/the-industry/hr-magazine/2017/pages/infographic-the-problem-with-burnout.aspx>

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Employee efficiency and productivity decreases with longer work hours.

- Employee productivity drops significantly after 50 hours, dramatically after 55 hours
- Consistently working long hours can significantly impact your health
- Work – Quality
- Home – Quantity

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Identify your goals and priorities to better manage work-life balance.



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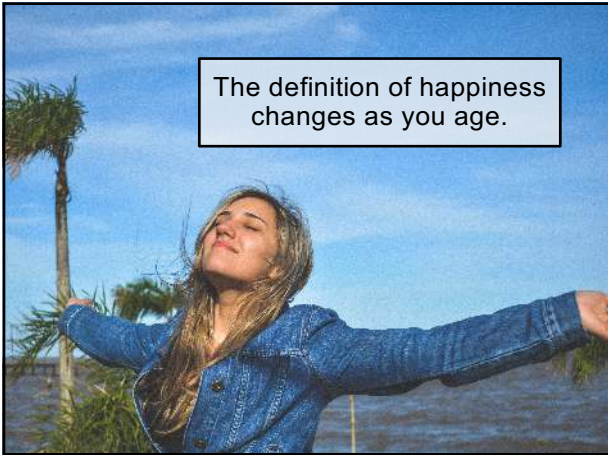
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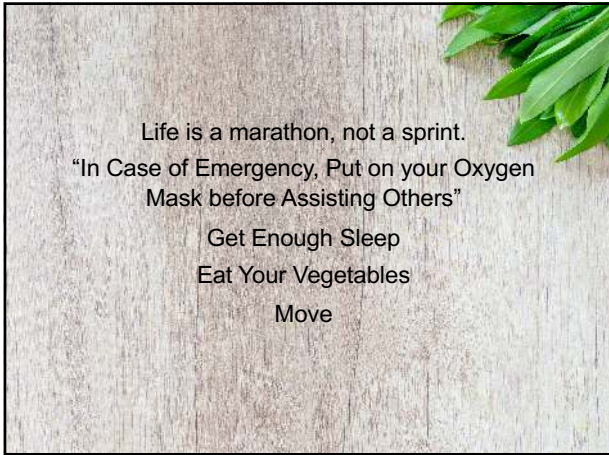
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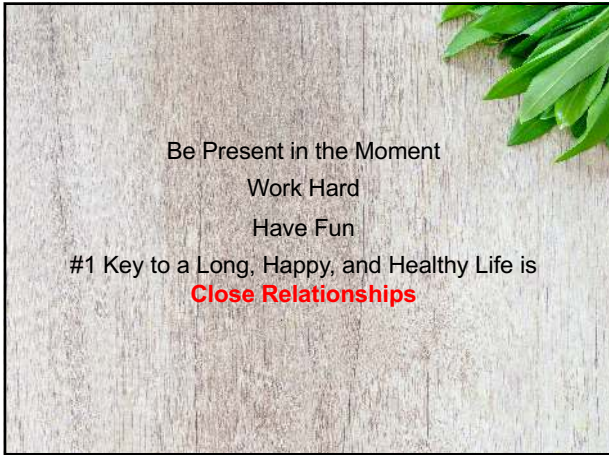
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