

HEALTH **AND** WELLNESS — SUMMIT —



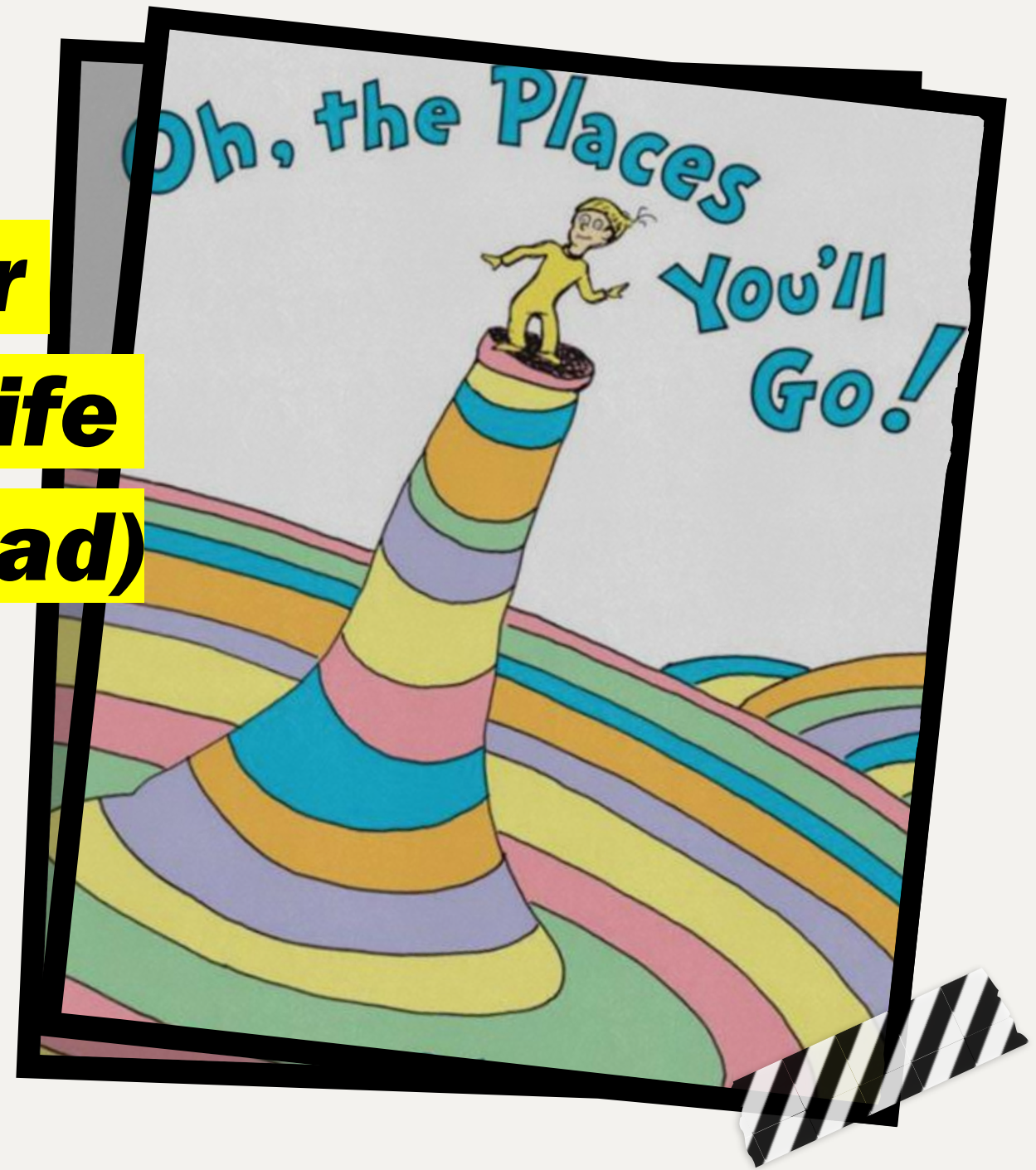
University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus



***Learn to Like Your
Job & Love Your Life
(Before You're Dead)***

Presented by Jordan Maness, M.Ed. / Certified Life Coach
Career Advising Specialist, Continuing Education CU Boulder







"A spirited and funny but also profound and highly practical manual for anyone who just
to show up more fully and wholeheartedly for their all-too-brief time on the planet."

—OLIVER HURKMAN, New York Times bestselling author of *Don't Worry, Be Happy*
Time Management for Animals





4,000 Mondays

- Females: $82 - \text{Your Current Age} \times 52$
- Males: $79 - \text{Your Current Age} \times 52$
- Me: $79 - 49 \times 52 = 1,560$



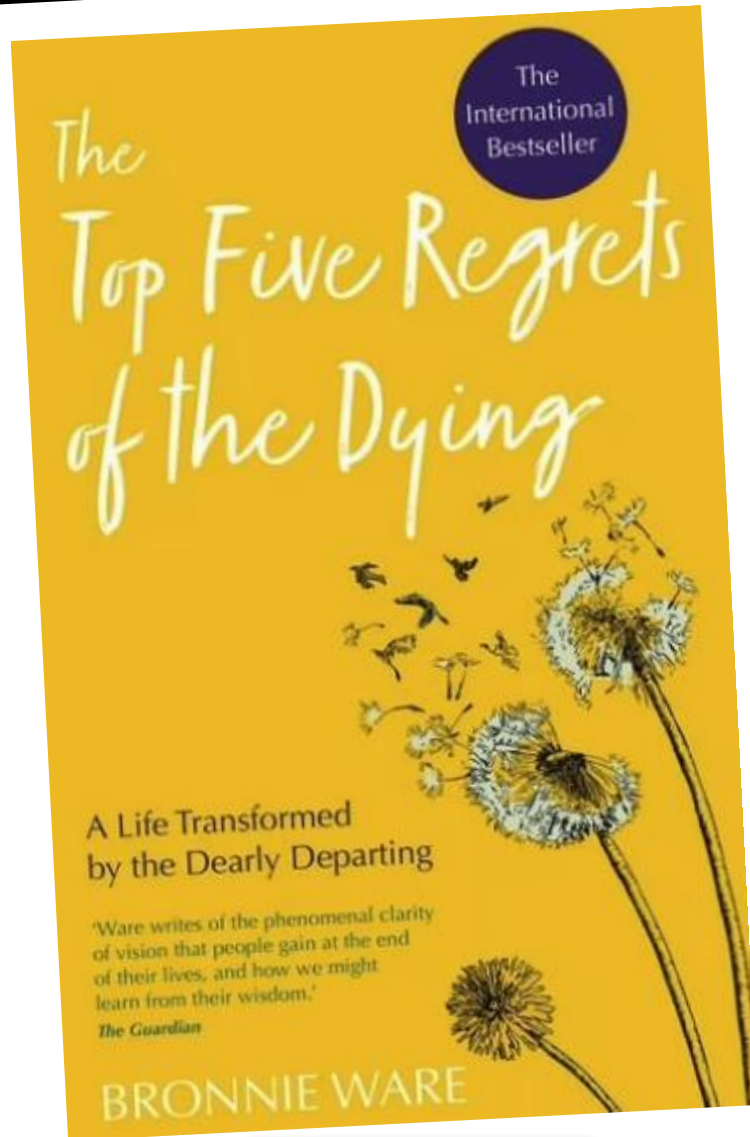
Temporal Scarcity

- Temporal scarcity refers to the perception or reality that time is limited or running out.
- Temporal scarcity can enhance productivity, sharpen focus, stimulate creativity, and spark motivation.



Dead Poets Society





Regrets

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.





***I wish I'd had the courage to live
a life true to myself, not the life
others expected of me.***

- *Alignment of
Interests,
Strengths,
and Values*





***I wish I'd had the courage to live
a life true to myself, not the life
others expected of me.***

- **One Billion Dollars**
exercise: If given a billion dollars today, how would you fill the rest of your days? What would you spend the money on? What causes might you donate some of it to? What would you want to learn? What skills/strengths of yours would you want to continue to use?





***I wish I'd had the courage to live
a life true to myself, not the life
others expected of me.***

- How to better align your job?
- **Start with Strengths:** Those that use their strengths daily are 6X more likely to be engaged on the job (Gallup)
- Learn your strengths, demonstrate your strengths, discuss ways to utilize your strengths, discover new strengths





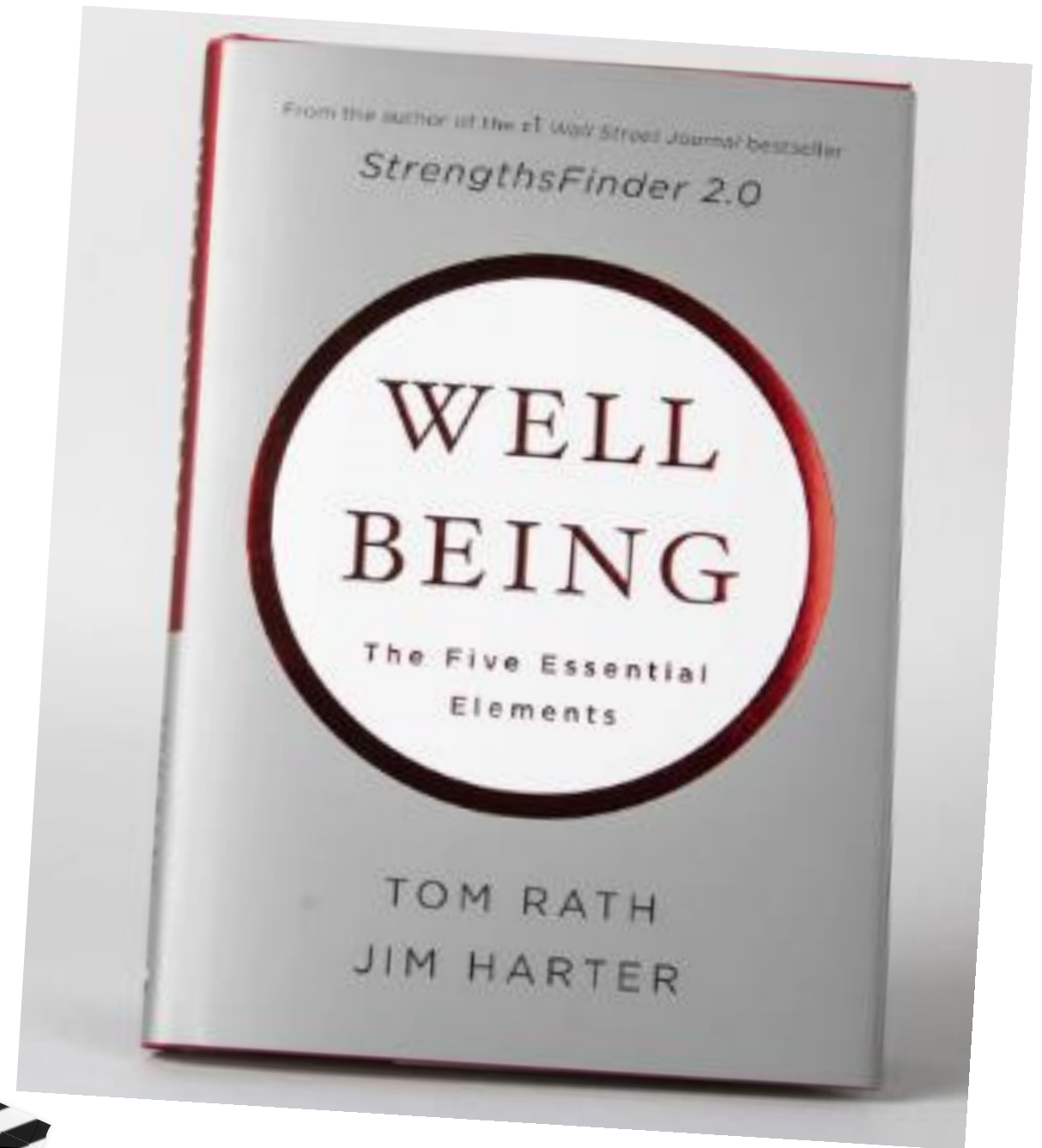
***I wish I'd had the courage to live
a life true to myself, not the life
others expected of me.***

- Learn your strengths:
 - Take Assessments, ask others, think of peak moments, and review performance evaluations.
 - Demonstrate your strengths: take on projects that show off your top skills/strengths
 - Discuss ways to utilize your strengths: ask about committees, inquire about new assignments, join professional associations.
 - Discover new strengths: Sign up for trainings, take Coursera classes or LinkedIn Learning, etc.



I wish I hadn't worked so hard

- Career Wellbeing
- Physical Wellbeing
- Financial Wellbeing
- Community Wellbeing
- Social Wellbeing





- The longest study on human happiness is the Harvard Study of Adult Development, which began in 1938
- According to Tal Ben-Shahar, the number one predictor of happiness is relational well-being, which means the quantity and quality of time spent with people you care about and who care about you.

***I wish I'd had the courage to express
my feelings &
I wish I had stayed in touch with my
friends***



I wish that I had let myself be happier

- New definition of happiness. (don't need to experience positive feelings all the time)
- Happiness is a choice, a habit and a skill.
- Key is intentional use of your mind and your time.



I wish that I had let myself be happier

- Mind
- 60,000 thoughts/day
- 80% are negative
- Past, Present, Future



Mind: Past



- Gratitude Benefits:
 - + Improves Physical and Psychological health
 - + Improves Sleep, Increases empathy, and enhances social connections
 - + Improves mental strength, reduces aggression, and improves self-esteem
 - Gratitude Journal
 - Gratitude Letters



Mind: Be Present

- Mindfulness
- Meditation
- Breathwork



Benefits of Meditation and Breathwork



- Reduces Stress
- Controls Anxiety
- Supports emotional health
- Enhances self-awareness
- Lengthens attention span
- May reduce age-related memory loss
- Can generate kindness
- May help with addiction
- Improves sleep
- Helps control pain
- Can decrease blood pressure



Mind: Future



- Optimism
 - Benefits of choosing to be optimistic
 - + Increased confidence, quality of life, life-span, and sleep quality
 - + Decreased risk of illness, less stress, relieved depression symptoms
 - Best-Case Scenario Journal
 - + *Cornell University study: 85% of what people worried about never happened. Of the 15% that did come to fruition, 79% of the time, people handled those problems better than they thought they would.*



I wish that I had let myself be happier

- Time
- PERMA
 - Positive Emotions
 - Engagement
 - Relationships
 - Meaning
 - Accomplishments



Positive emotions

- Positive emotions include hope, interest, joy, love, compassion, pride, amusement, and gratitude.
- Example: Listening to your favorite music, watching your favorite show, eating your favorite meal, getting a massage, riding a roller coaster, etc



Engagement

- Occurs when the perfect combination of challenge and using one of your skills/strengths is found
- Examples: Reading, Sewing, Surfing, Playing Tennis, Organizing Your Closet, Editing a Movie, Designing a Presentation, Playing the Guitar, Making a Budget, etc.

Relationships

- Relationships in the PERMA model refer to feeling supported, loved, and valued by others.
- Examples: Lunch with a few friends, Meeting about communication preferences with a co-worker, Talking to neighbors about local events, Calling an old mentor, etc.





Meaning

- Having a sense of value and worth. Seligman (2012) discussed meaning as belonging and/or serving something greater than ourselves.
- Examples: Participating in a park clean-up, Attending a spiritual talk, Making cookies for a neighbor, Tutoring a child, Coaching a Little League team, Attending to a garden, Volunteering for a charity, etc.

Accomplishments

- A sense of accomplishment is a result of working toward and reaching goals, mastering an endeavor, and having self-motivation to finish what you set out to do
- Examples: Writing a Blog Article, Finishing Your Laundry, Completing a Fitness Class, Finishing a Report, Returning an Amazon Purchase, Putting all the dishes away, Etc.



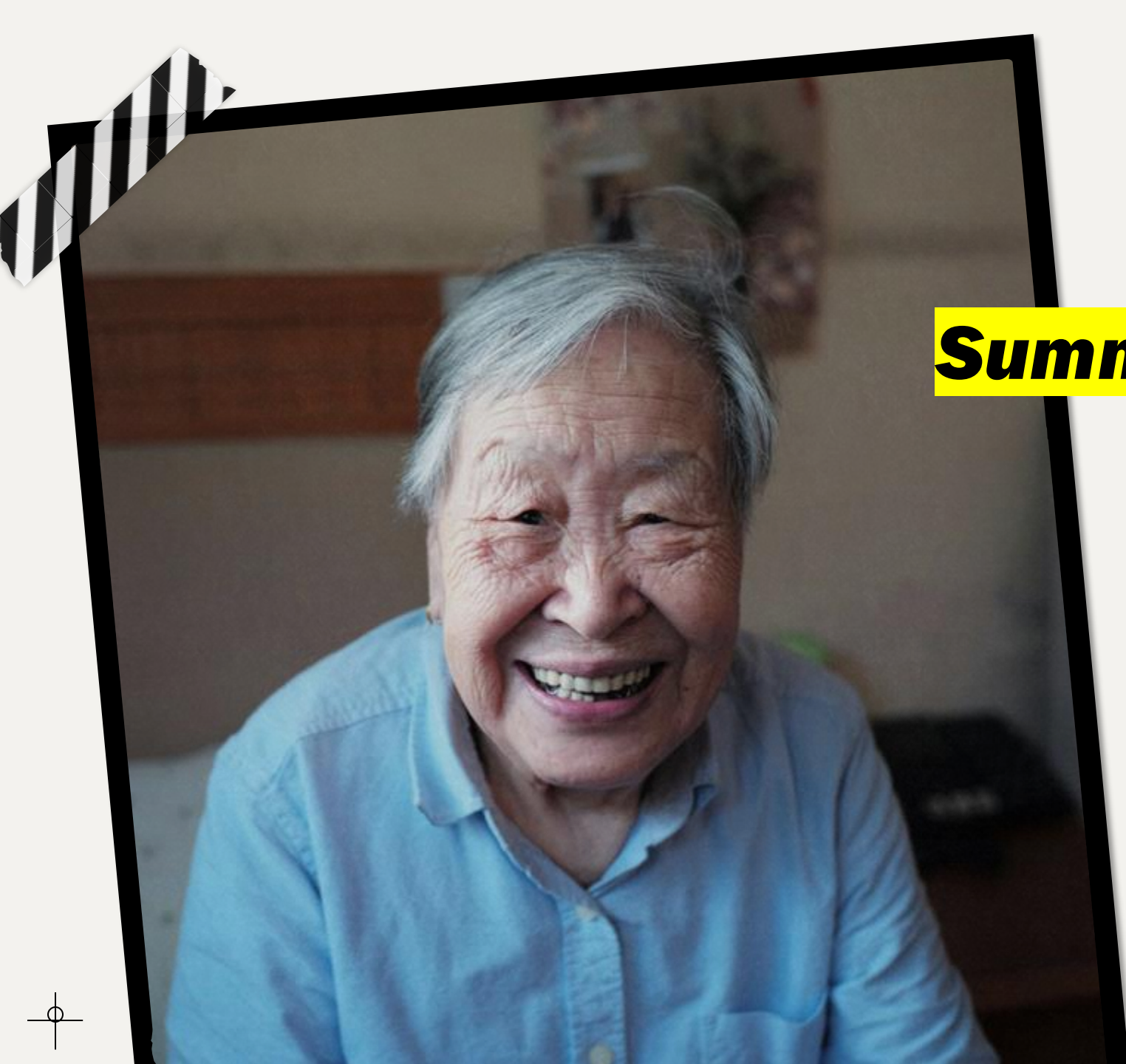
Thriving 101: Designing a Fulfilling Life & Career



University of Colorado Boulder

Thriving 101: Designing a Fulfilling Life & Career





Summary

- "Like your job. Love your life." -Jordan Maness
- "I have found that if you love life, life will love you back." -Arthur Rubinstein
- *Let's connect:*
- www.linkedin.com/in/jordanmanesslifecoach



HEALTH AND WELLNESS SUMMIT

Resources

CU System:

CU Advantage - Employee Perks (system wide)

advantage.cu.edu

CU Employee Services

www.cu.edu/employee-services

CU Boulder:

CU Boulder Health & Wellness Services

colorado.edu/health

CU Boulder Employee Wellness

colorado.edu/health/WorkWell

CU Boulder Office of Institutional Equity and Compliance (OIEC)

colorado.edu/oiec

CU Boulder Benefits, Perks, and Resources

colorado.edu/hr/faculty-and-staff-perks

UCCS:

UCCS Gallogly Recreation & Wellness Center

recwellness.uccs.edu

UCCS HealthCircle Clinics

healthcircle.uccs.edu

UCCS Lyda Hill Institute for Human Resilience

resilience.uccs.edu

UCCS Office of Institutional Equity

equity.uccs.edu

CU Denver:

CU Denver Wellness & Recreation

ucdenver.edu/wellness

CU Denver Counseling Center

ucdenver.edu/counseling-center

CU Denver & Anschutz Office of Equity

ucdenver.edu/offices/equity

CU Denver HR

ucdenver.edu/offices/human-resources/current-faculty-staff

Anschutz:

Anschutz Health & Wellness Center

medschool.cuanschutz.edu/health-and-wellness

Anschutz Student Health & Wellness

www.cuanschutz.edu/student/health-wellness

CU Denver & Anschutz Office of Equity

ucdenver.edu/offices/equity

Anschutz HR

cuanschutz.edu/offices/human-resources/current-faculty-and-staff



HEALTH AND WELL-BEING **WELLABLE APP**

CU Boulder Faculty and Staff: Connect with a Healthier U

Prioritize your well-being with WorkWell Connect!

- Unlimited, live health coaching
- On-demand fitness
- Meditation and mindfulness classes
- Recipes and meal plans
- Sleep stories
- Individual and team challenges



Apple



Android



Take the survey

