Reviewing Your Year:

Staying the Course...For Now

Dr. Kim McCurdy
Goals

- The “lighter” side
- Growth mindset
- Finding [reminding] your why
- Overwhelm v. Burnout
- Designing Your [Work] Life
- Wrap up
How are you?
TELL ME HOW YOU’RE DOING IN TWO WORDS
Right now, I am in class, but I have not gotten out of bed today. I think a picture of me today would say lazy.

I am dedicated to my education despite my chaotic environment. It has proved even more difficult since the pandemic. I am determined now more than ever to succeed.

Suffocating due to pressure from school, family, and friends. Hiding from the tragedy and unrest outside.

My laptop is the entire reason that I have been able to make it this far through my semester.

Disorganized shared space that only adds to the forces prohibiting one from focusing on their work.

This is a comfortable space for being creative and doing work.

Lonely

Chaos!
It’s okay to:

not be okay
ask for help
take a break
not know what’s next
say "no"
OK for now.
“Never let a good pandemic go to waste.”
Things you can control

Your attitude
Your network
Your habits
Your work rate
Your gratitude
Your physique
Kim’s Book Club
• What Now?
• No Prozac at Auchwitz
• All Other Relationships Will End
• One Butt – 2 Chairs
• No One Rejects You But You
• What Didn’t Happen
• Nothing To Prove
• Would You Like To Be Married To You?
• Are You Evolving or Revolving?
• The Nazi in You
• If I Survive Today, Tomorrow I Will Be Free
• There’s No Forgiveness Without Rage
Kim’s Book Club

DESIGNING YOUR LIFE
How to Build a Well-Lived, Joyful Life

DESIGNING YOUR WORK LIFE
How to Thrive and Change and Find Happiness at Work
Are you overwhelmed or burned out?
Overwhelm – inconsistent; a bad week or season; it’ll pass

- Solution: Take a break – go for a walk, clean your bathroom, call a friend
- Drop, delegate, or renegotiate
burnout

3 components of burnout
- Herbert Freudenberger

emotional exhaustion
the fatigue that comes from caring too much for too long

decreased sense of accomplishment
the depletion of empathy, caring, and compassion

depersonalization
the unconquerable sense of futility, feeling that nothing you do makes any difference
"THE STRESS ITSELF WILL KILL YOU FASTER THAN THE STRESSOR WILL—UNLESS YOU DO SOMETHING TO COMPLETE THE STRESS RESPONSE CYCLE.

While you’re managing the day’s stressors, your body is managing the day’s stress. It’s absolutely essential to your well-being that you give your body the resources it needs to complete the stress response cycles that have been activated.”

Emily and Amelia Nagoski
Authors, Burnout: The Secret to Unlocking the Stress Cycle
LOVE-PLAY-WORK-HEALTH BALANCE WORKSHEET

• Mark your dashboard as it currently exists.

• What do you observe (and are you being fair)?

• If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.

• What would you get if you could attain this revised level of balance? How would life (really) change for you?

• What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?
“Good Work Journal” Worksheet

Use this worksheet to reflect on your day and your week and ask yourself three questions: What did I learn? What did I initiate? and Who did I help? Research shows that “noticing” these things will help you get more out of work and increase your engagement on the job. Try to have at least one entry a day.

<table>
<thead>
<tr>
<th>Date</th>
<th>What did I learn?</th>
<th>What did I initiate?</th>
<th>Who did I help?</th>
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8 WAYS TO BE CONSTANTLY IMPROVING

1. READ BOOKS
   It's like having the best advice from mentors throughout history on demand.

2. LISTEN TO PODCASTS
   Fill in the gaps of your life with educational audio. I use a Bluetooth shower speaker.

3. TAKE A COURSE
   There's free info online, but a quality course brings it all together and saves you time.

4. PRACTICE OLD PASSIONS
   Take a break or go on a sabbatical. Revisit the things you enjoy but don't normally do.

5. GET FEEDBACK & CRITIQUE
   Skip the compliment sandwiches. Seek feedback from trusted people and get straight to the meat.

6. WORK TOWARDS A GOAL
   Commit to daily practice. Do one small thing every day that will get you a little bit closer.

7. BE OPEN TO CHANGE
   To improve yourself, you must change. If you aren't willing to change, it's hard to move forward.

8. GET AROUND COMMUNITY
   Your mom was right all along: you become like the people you spend the most time with.
WHY YOU SHOULD BE GENTLE WITH PEOPLE

WHAT YOU KNOW ABOUT IT

SOMEONE'S LIFE
• Have courage
• Say “Yes!” to opportunity
• Be okay saying NO!”
• Develop a mantra, journal, dance, etc....

I wonder if the beach misses me..
Contact info:

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Links to resources


- Workbook https://static1.squarespace.com/static/522be993e4b0bb402a7ebb2a/t/5c05635d4ae237d4d66edf2c/1543856995963/Designing+your+life.pdf