

**“The key is not to prioritize  
what’s on your schedule, but to  
schedule your priorities.”**

- Stephen Covey

**Tips for Maintaining a Healthy Work/Life Balance Workshop**

**Presented by:**



**Ascent®**

Non-Cosigned & Cosigned

# Today's Presenter



**CASEY MILLER**

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# Today's Agenda



- **How do others manage** their work/life balance?
- Why work/life balance is **important**
- The **basics** and **prioritizing your time**
- Physical, emotional and mental **wellness tips**
- **Creating** (good) **and breaking** (bad) **habits**
- Conclusion and **outsourced resources**



# Ascent in 2021

- On over **500 preferred lender lists** (and counting)
- Available at **over 2,200 schools** nationwide
- Gives students more opportunities to get the money they need to pay for college **with or without a cosigner** with innovative loan options
- We offer both **Undergraduate & Graduate Loans**





# Award-Winning

- **2021 NerdWallet Winner**
  - Best-Of Awards - Private Loans
  - Best-Of Awards - Independent Students
- **2020 & 2021 Forbes Advisor** named Ascent the Best Private Student Loan
- Ascent named one of the **best 2021 private student loans** by U.S. News, BadCredit.org, Dollar Geek, & MORE
- Ascent has also been named **best places to work 2021**





# But First...Facts

- 78% of Americans feel stressed at least one day a week
- 83% of Millennials and Gen Zers feel they don't have work/life balance
- 79% of employees believe flexibility promotes work/life balance
- Companies promoting work/life balance record 2x more productivity
- Americans take 26% of their work outside of business hours
- 44% of Americans say the pandemic has been the most stressful time
- 80% of workers feel stress on the job



# How Are You *Really* Doing?

Who is feeling more stressed today versus this time last year?

Who has found that working from home has helped maintain a better work/life balance?



# Learning from Each Other



Alicia



- Take a break just for you
- Put away your phone outside of work hours
- **Advice:** “You’re not alone. Also, treat yourself!”

Lauren



- Communicate and schedule
- Turn off email “alerts” on cell phone
- Cut back on caffeine
- **Advice:** “Prioritize around your #1 professional goal and #1 personal goal.”

Tiana



- Practice the feedback you’re given
- Avoid new tasks after business hours
- **Advice:** “You don’t always need to have a plan. Also, adult naps are underrated!”



# Resources For You



Our company has mental wellness and physical wellness resources as well as childcare and distance learning options.

Email us at [Partner@AscentFunding.com](mailto:Partner@AscentFunding.com)

# Why is Work/Life Balance Important?

- You'll be more capable of dealing with “negative” emotions and thoughts
- Enhances your ability to be present
- Improves your relationships
- Increases engagement at work
- Brings you higher levels of success

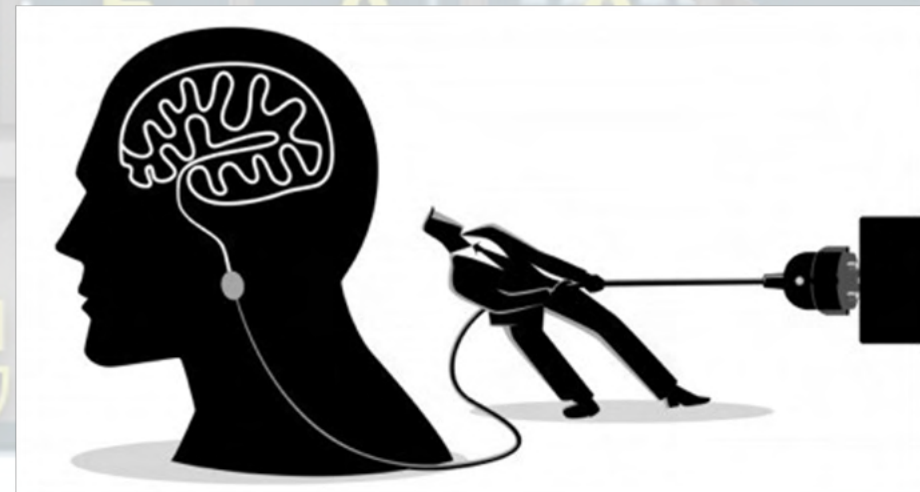
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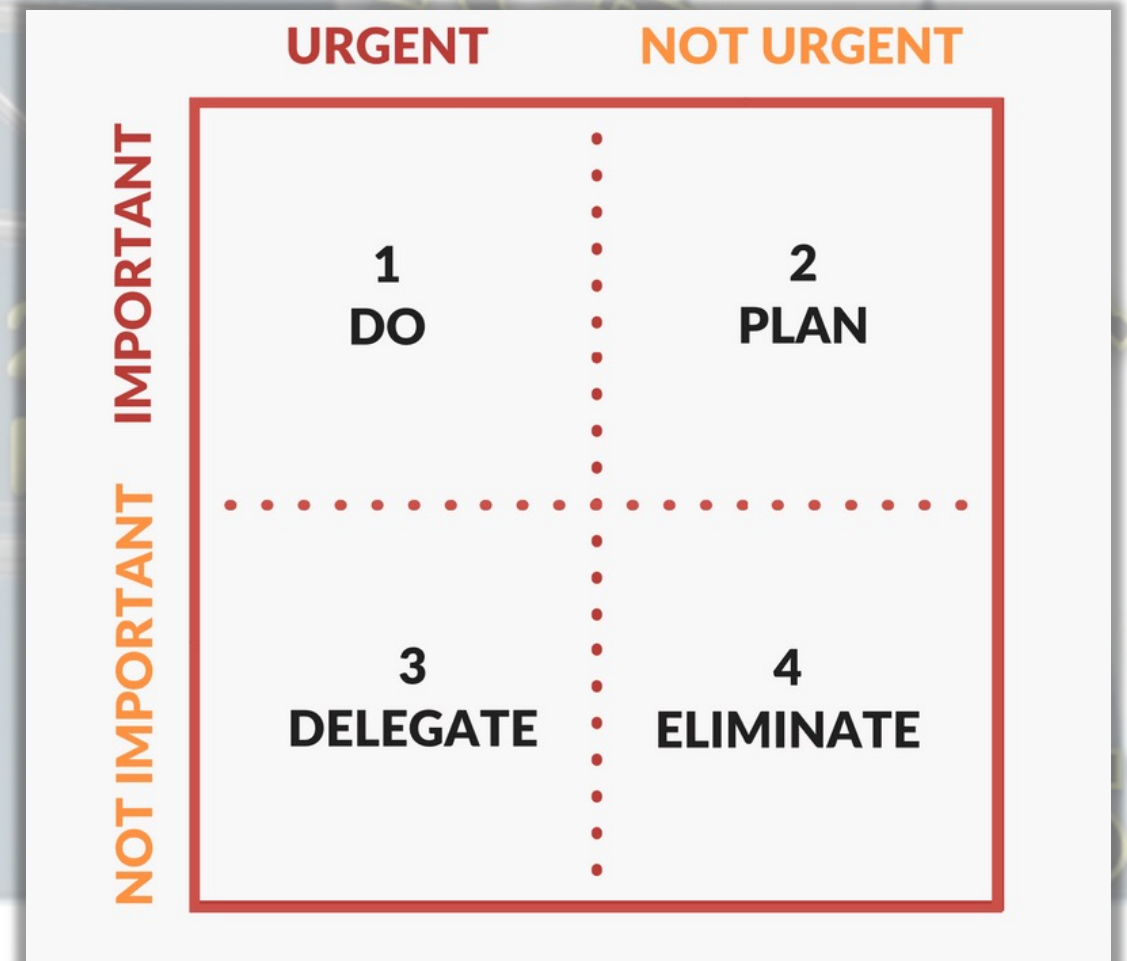
# The Basics

- Take a break
- Let go of perfectionism
- Unplug
- Create a workspace you're excited about!



# The Basics

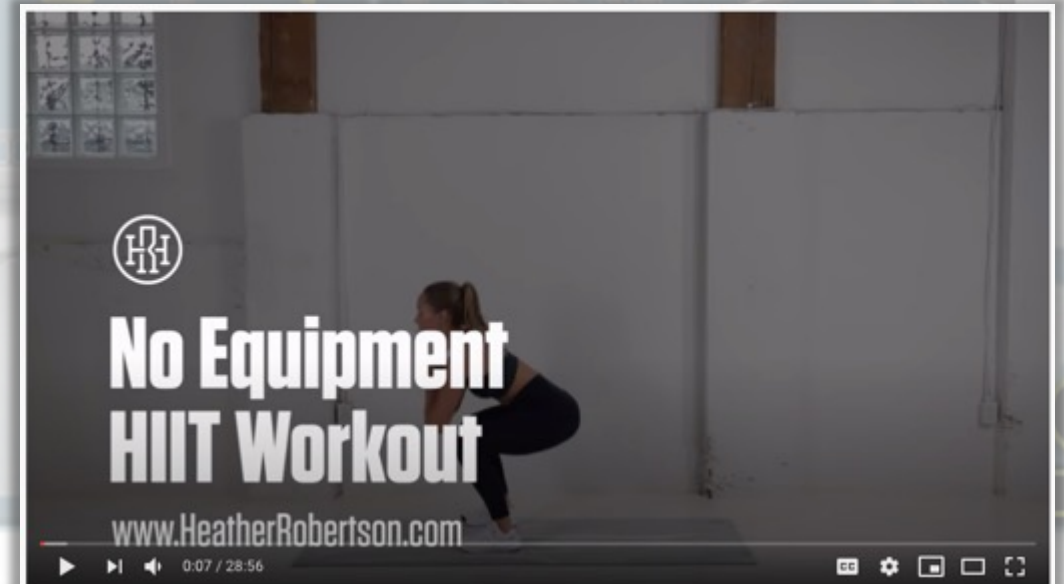
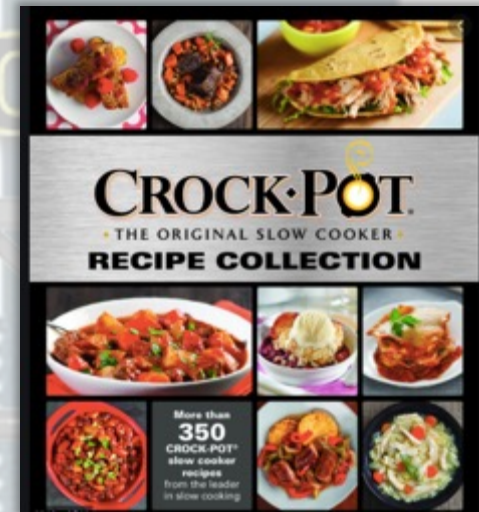
- Set your work hours and stick to them
- Prioritize your time





# Your Physical Wellness

- Before or after work:
  - Take the time exercise
    - YouTube = FREE!
  - Set a time to go to sleep
  - Try a new recipe
    - Pinterest!





# Your Physical Wellness

- During work:
  - Skip the sugary snacks!
  - Drink lots of water
    - 1 oz of water per lb. every day
  - *DIY*: Create a stand-up desk
  - Don't feel guilty if you walk away!

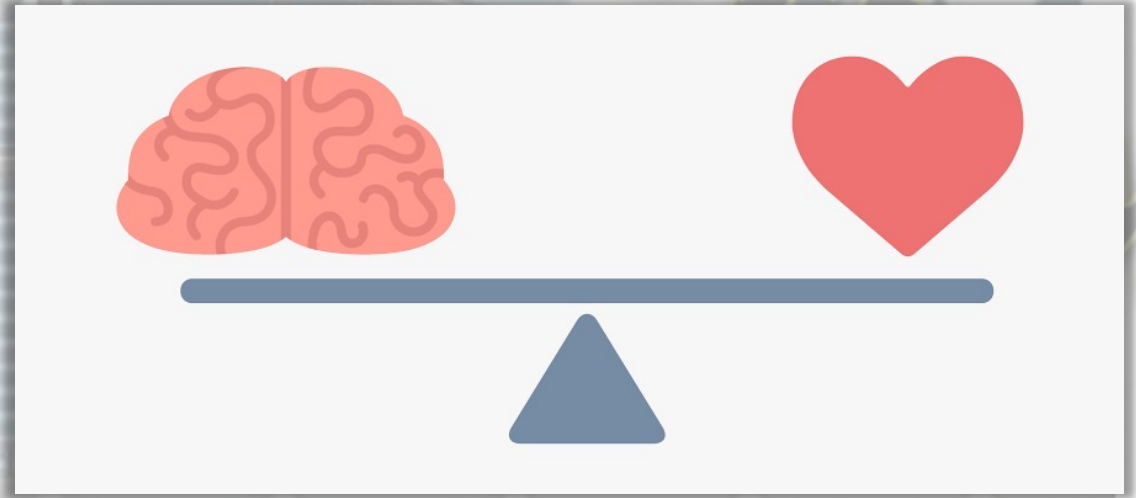






# Your Emotional Wellness

- Emotional wellness doesn't mean being happy ALL the time
- Accept your feelings
- Practice mindfulness
- Find ways to manage your stress



***“The bad news is nothing lasts forever.  
The good news is nothing lasts forever.”***

- J. Cole



# Your Mental Wellness

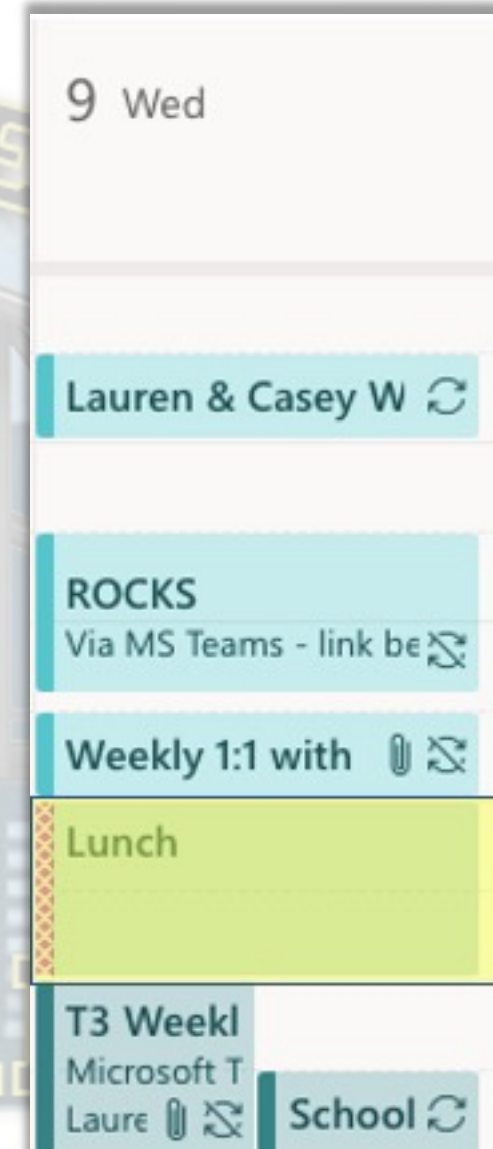
- Value yourself
- Remember to smile and see the humor in life
- Set realistic goals
- Break up your routine
- Gratitude journal
- Vent! (We're here for you any time ☺ 619-849-4199)





# Zoom Fatigue Tips

- Get yourself some blue light glasses!
- Leave 5 minutes in between meetings
- Block your calendar for lunch
- Turn off your video when needed
- Catch up with your friends and family





# Creating & Breaking Habits

- Making a change in your daily routine isn't going to happen overnight
- Start small and build from there!

**21/90  
rule**

**21 days =  
HABIT**

**90 days =  
PERMANENT  
CHANGE**



# Resources For You



Still interested in those resources?

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# Keep us updated on your new habit!



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**Difficult roads often lead to  
beautiful destinations.**