

## Week 8: Tips and Reminders

### Maintaining Boundaries Between Work and Home

- Create transition times between home and work at the start of the day and at the end of the day. Try meditating, a relaxation exercise, taking a walk
- Leave work at work, don't talk about it at home
- Leave home at home, don't bring home issues into the office
- Tell your family no calls to the office except in an emergency
- When you are with your family, focus on being with them, give them your full attention
- Set aside clear blocks of time for family activities
- Ask family members to tell you how they would like you to spend your time with them.

### Dr. Greywolf's Tips for Maintaining Wellness and Balance

- Count your blessings (show gratitude)
- Practice acts of kindness (including patience & encouragement)
- Savor life joys (find the beauty and wonder in things)
- Thank a mentor
- Invest time and energy with family and friends
- Maintain strategies to cope with stress (pick the strategies that works for you)
- Take care of yourself through sleep, diet and exercise
- Maintain your humor!

Attention to your **B**alance and **C**onnections  
will help you be a Healthy Healer