

~~Work-Life Balance~~

Life Blend

SupportLinc Employee Assistance
Program (EAP)

Sunbelt Rentals



Disclaimer

This training session is designed to provide general guidance, strategies, and coping skills for personal and professional well-being. The content shared reflects the insights and expertise of the presenter and is intended for informational purposes only. While the session offers valuable tools and perspectives, it may not fully apply to every individual's unique situation. For personalized support, we encourage you to consult with a licensed professional.

Each session is structured to have time at the end for decompression and review.

This time is intended for reflection and to process the information covered. At the conclusion of the session, you will find reflective questions designed to foster deeper thinking and encourage practical application of key concepts.

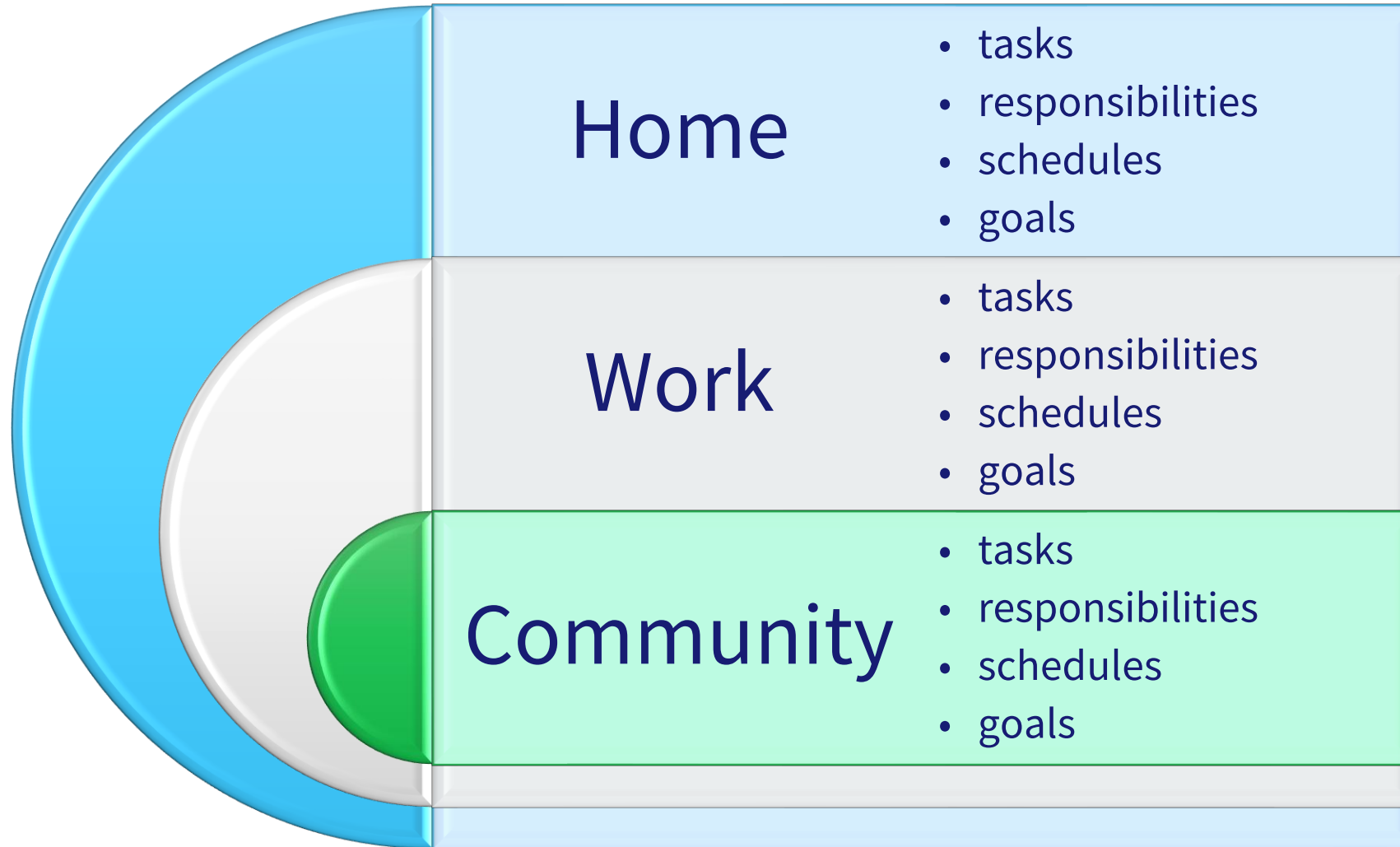
CuraLinc Healthcare and the training department are not responsible for any actions taken solely based on this presentation. Participants are encouraged to use their discretion and seek professional advice when needed.

Objectives

This training is designed to help you:

- Understand the importance of effective life blend
- Discover how to make changes to improve life blend
- Learn how to maintain changes

What is life blend?



Take action

Communicate with your family

- Set priorities
- Identify potential conflicts
- Find creative ways to meet needs

Take action

Communicate with your employer

- Understand company aims and goals
- Express your wishes appropriately



Take action

Obtain support from others

- Recruit help from your family
- Ask for assistance from your employer
- Ask, don't dictate

Things to remember

Recognize and stick to your personal priorities

Prioritize your responsibilities

Don't take on too much

Know your limitations

Take care of yourself

Defining self-care



- Intentional act of meeting one's emotional, physical or spiritual needs
- Helps restore and refresh the mind, body and spirit
- Our mind and body are deeply connected
- It is NOT selfish

Self-care techniques

Low effort

- Take a 10-minute break from whatever you're doing
- Take a short nap
- Apply body lotion, face creams, essential oils etc.
- Listen to a podcast, audiobook or music
- Watch a light-hearted TV show or movie
- Reach out to a friend or family member
- Make a gratitude list
- Drink water



Self-care techniques continued

Medium effort

- Read a book
- Take a bath
- Stretch
- Make a meal
- De-clutter your space
- Make a list of goals
- Do physical activity
- Go for a long drive, walk or bike ride
- Try meditation
- Knock things off your to-do list



Self-care techniques continued



Higher effort

- Plan a fun weekend get-a-way
- Rearrange a space in your home
- Journal daily
- Find places to volunteer that mean something to you
- Learn a new skill
- Connect with your spirituality
- Set boundaries wherever needed in your life, relationships etc.
- Try a new method of physical activity
- Say “no” to things causing you distress

Signs of success



You feel less tension about how to distribute your time between work and family



You behave in a manner consistent with what's most important to you



You are able to be flexible and adjust to changes



Your communication with family and work is open and honest



You feel less stressed and avoid burnout



SupportLinc Toolkits



Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness. <https://mentalhealthtoolkit.tools>



Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. <http://mindfulness.tools/>



Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. <http://resiliency.tools/>



Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. <http://meditate.tools/>



Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. <http://sleepfitness.tools/>



Addiction Toolkit

Understand the types of addiction and get the support you need. <http://addictiontoolkit.tools/>



Additional Resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. <http://wellbeing.place/>



Grief and Loss Toolkit

Equip yourself with knowledge, support, and the right tools to discover a way to live with your grief and move forward. <http://griefandloss.tools/>

✓ No log in needed!

✓ Utilize yourselves

✓ Share with others



What is SupportLinc?

SupportLinc is an Employee Assistance Program (EAP) offered, at no additional cost to you, by your employer. It is a health benefit, separate from your medical insurance, that assists you with managing life's daily challenges.

SupportLinc counselors can refer you to professional counseling & community resources that will help you, and your eligible family members, resolve a broad range of personal and/or work-related concerns.

Work-life benefits



Legal consultation

- Free in-person or telephonic consultation



Financial consultation

- Guidance and consultation from financial planners and budget specialists



ID theft consultation

- Free consultation and tailored recovery action plan



Dependent care resources

Childcare referrals

- Daycare centers
- Home childcare
- Nannies
- Recreational programs

Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- “Meals on Wheels”
- Retirement communities



Convenience and concierge resources

Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities

Support that's here for you

Whether you're looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.



Help is always within reach

mysupportlinc.com | Group code: **sunbeltrentals**

1-888-881-LINC (5462)





Next steps

Intentional reflection

Small changes often matter the most. Like adjusting your perspective or trying one new strategy, these can have a meaningful & significant impact.



Know your resources!



Reflective questions

Which concepts are working in your life and why?

Who can be a support for you to make change?

What did you get out of today's presentation?

Which concepts are *not* working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

What can you do in the next 24 hours to apply these concepts?

What are your biggest barriers for change?