Work Life Balance = Good Health

*What does it mean?*

Before we start, take some time to answer these 10 questions:

1. How many hours per week do you work?  
2. How many hours per week do you set aside for personal time?  
3. How many hours do you sleep per night?  
4. Do you smoke (anything)?  
5. How many prescribed medicines do you take daily?  
6. How many over the counter meds do you take weekly?  
7. How much water do you drink daily?  
8. How many times do you have a bowel movement in a day?  
9. When was your last physical exam?  
10. When was your last dental exam?

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Wellness Wheel

1. Spiritual
   Meditation
   Mindfulness

2. Physical Health
   Stretching
   Walking
   Annual Physical Exam
   Annual Dental Exam
   Annual Eye Exam

3. Stress Management
   Yoga
   Breathing
   Laughing

4. Nutrition
   Food Education,
   Shopping &
   Preparation

5. Social/Community Skills
   Supports
   Leisure Activities

What can I do to improve my health? (Measurable objective)

1. Spiritual: __________________________________________
2. Physical: __________________________________________
3. Stress Management: _________________________________
4. Nutrition: __________________________________________
5. Social/Community: _________________________________

Created by Beverly McGuffin, 2009
**Prochaska and DiClemente's**

**"Stages of Change"**

**Precontemplation**
Precontemplation is the state in which people are not considering changing or initiating a behavior. They may be unaware that a problem exists.

**Contemplation**
Contemplation is the stage characterized by ambivalence about changing or initiating a behavior.

**Relapse/Regroup**
Relapse/Regroup is the stage characterized by a recurrence of the undesired behavior or elimination of a desired behavior.

**Preparation/Planning**
Preparation is the stage characterized by reduced ambivalence and exploration of options for change.

**Action**
Action is the stage characterized by the taking of action in order to achieve change.

**Maintenance**
Maintenance is the stage characterized by seeking to integrate and maintain a behavior that has been successfully changed or initiated.

**Determination**