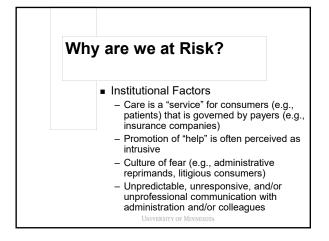
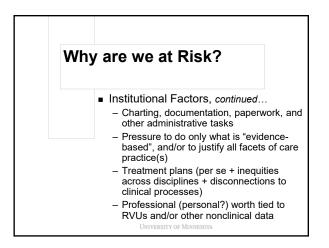
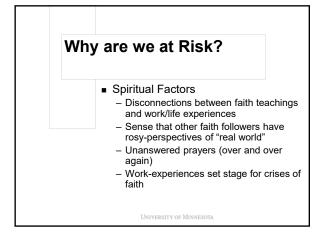


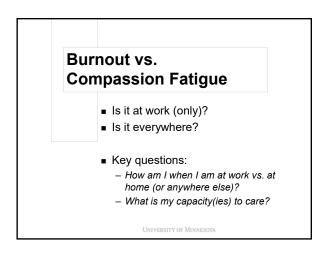
| Why are we at Risk? |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Relational Factors, continued Interpersonal contact with partners / family = superficial ("how was your day?", "fine") and/or neglectful Interpersonal contact with partners / family = 2nd place to all-things-work Interpersonal contact with partners / family = 2nd place to all-things-electronic Interpersonal contact (all types) = focused on negative foci |
| University of Minnesota |



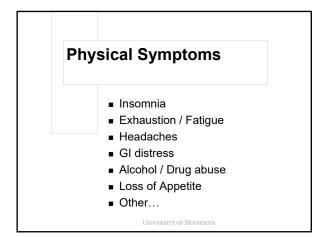


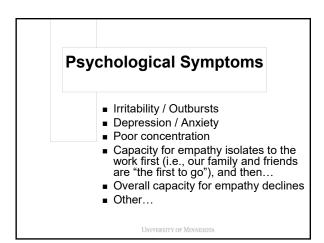




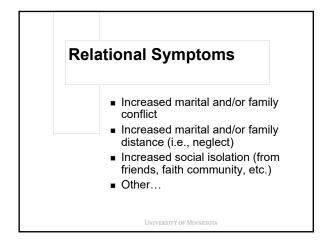


| Wh | en We Hurt… |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Bio/Physical Symptoms Psychological Symptoms Social (Institutional, Relational) Symptoms Spiritual Symptoms |
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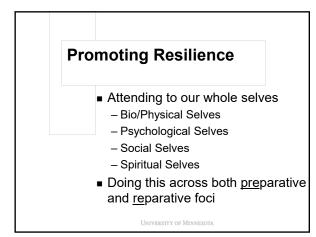




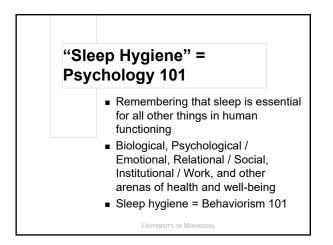
| Inst | itutional Symptoms |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Poor work performance (chartin communication, reliability, efficiency, effectiveness, etc.) Irritability with co-workers / superiors Increased ethical violations Other |

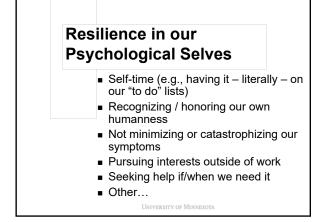


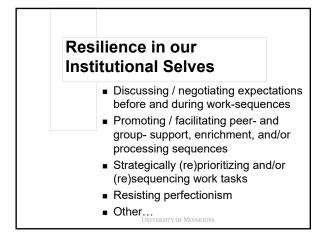




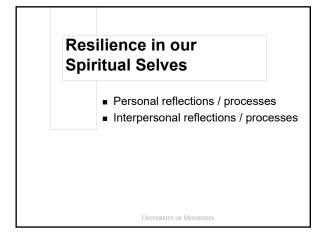
















What is your Resilience guotient (RQ)? How intentional are you about your own health and well-being? Rocks, Gravel, Sand Starfish Story

| How being | <u>intentional</u> are you g? |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| | If it's not intentional, it won't last Be careful about human tendency to "do the opposite" when wanting to change |
| • | Remember that behavior change(s) usually take several weeks to "stick" |
| • | Critical evaluation of to-do lists |
| • | There is more to life than work UNIVERSITY OF MINNESOTA |

| Closing Thoughts |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| There is no panacea Whatever you do, it must be YOURS Make it public (at least parts of it) Share it (at least some of it) Don't catastrophize slips or set-backs If you fall down 9 times, get up 10 times Enjoy the journey |

| Con | tact Information |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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