



REPLENISH THE WELL

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REPLENISH THE WELL!

**Caring for ourselves while we
care for others**

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STRESS IS INCREASING!

Trend #1

We are busier then ever!

- 54% Feel overworked
- 55% Feel overwhelmed
- 59% No time to reflect

Source: Families and Work Institute, 2002

Trend #2

We are too busy to take vacations!

**One in five Americans are so
overworked that they forgo vacations!**

Source: Copley News Service, 2001

Trend #3

Work loyalty has decreased!

**Only 42% of American workers
believe their employer deserves
their loyalty**

Source: Workforce, August 2000

The Net Result:

- Higher Health Costs
- Higher Absenteeism
- Increased Dissatisfaction

Replenish The Well



Strategy #1

Take Care Of Yourself!

- Physical Health
- Mental Health

Strategy #2

Focus Your Goals!

What is really important?

Strategy #3

Know The Early Warning Signs of Burnout!

- Tiredness
- Lack of Enthusiasm
- Lack of Creativity
- Grumble! Grumble! Grumble!

Strategy #4

Spend Time With -

ENERGIZED PEOPLE!

Strategy # 5

Remember the 11th Commandment:

Thou Shalt Not Whine!

Strategy #6

Dream Big Dreams

