Journey to Wellness
Managing Daily Stress as an advisor

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WHAT WILL BE COVERED TODAY

• Importance of Wellness
• Daily Practices
• Four Agreements
• Questions and Answers
Objectives

- Significance of maintaining personal well-being
- Importance of daily practices
- Significance of the “Four Agreements”
- Importance of personal and professional growth & development through self-care
Importance of wellness

• For ourselves
  • To be happier humans 😊

• For our students
  • The happier we are the better we can serve our students
  • Setting a positive example
Lisa’s Journey...
My journey/background

• Admissions Counselor – 6 years
• Pre-Pharmacy Advisor – 2 years
• Significant life changes
• CACD Advisor – 5 years
  – Culture
  – Demands
  – Cuts
• Significant life changes
Happiness

• What doesn’t make you happy –
  – Money – People are happier with more $ only until they reach a point where they can pay for necessities
  – More belongings
  – Mood altering drugs
  – Looking perfect
  – Fame

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Personality traits that lead to unhappiness

• Blaming others for everything wrong in your life
• Feeling/acting like a victim
• Addicted to drama
• Looking for others to ‘make’ you happy or ‘rescue’ you
• Feeling like you are ‘owed’ something in life (entitlement)
• Dwelling on mistakes

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“Happiness is not a matter of intensity but of balance, order, rhythm and harmony.” ~Thomas Merton
What helps us become happier?

• Research shows that healthy people are happier and happy people are healthier
  – Positive loop!

• Lifestyle and mental changes can increase your basic happiness level
  – Diet
  – Exercise
  – Mental attitude and thoughts

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Daily Practices
Keys

• A journey – not one time events
• Get started!
• Commitment/Discipline
• Journey to the practice is equally as important as the practice
  – Do it REGARDLESS of how we feel
• Focus on PRACTICE not results, push yourself out of what makes sense
• Quality not the quantity
• Natural Rhythm
Meditation

• Quality not quantity!
• About the practice

• Styles
  – Guided
  – Silent
  – Trance
  – Movements
  – Chants
  – Sacred Texts

• Intentions
  – Health & Wellbeing
  – Personal Development
  – Self Mastery
  – Spiritual Path

Quality not quantity!
About the practice
Taking time for ourselves
Not something we are being judged on like we were in the traditional academic setting
What is true for you at the moment
4 G’s
  • What did I do well today – at least 5 things
  • What were 5 glitches today – things I could have done better
• 10 things I am grateful for
• Goals for tomorrow
Activity

• What am I most proud of this past year?
• What were my three most dramatic and important missed marks?
  – What was my gap?
  – Who did I offend, or what did I miscalculate?
  – Where did I over commit and under perform?
  – Most importantly, what can I learn from these experiences?
**Activity**

- What am I committed to BEing as far as fitness, my health and my body are concerned?
- If I got to attempt only one more BIG achievement or project in my lifetime, what would it be?
  - What is the most important thing for me to do or achieve in the next 10 years?
Don't wait for people to be friendly. Show them how.
10 ways to overcome negativity

1. Get to the root
2. Be real
3. Complete the “I’ll feel better when I …” sentence
4. Take responsibility
5. Think it out
6. Change the story in your head
7. Want to understand
8. Uplift yourself
9. Use the silly voice technique
10. Repeat
THE FOUR AGREEMENTS
Don Miguel Ruiz
Be impeccable with your word

• Speak with integrity
  – Say only what you mean
  – Avoid using the word to speak against yourself or to gossip about others
  – Use the power of your word in the direction of truth and love
Don’t take anything personally

• Nothing others do is because of you
  – What others say and do is a projection of their own reality
  – When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering
The way to gain a good reputation, is to endeavor to be what you desire to appear.

~ Socrates
Don’t make assumptions

• Find the courage to ask questions and to express what you really want
  – Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama
  – With just this one agreement, you can completely transform your life
Always do your best

- Your best is going to change from moment to moment
  - It will be different when you are healthy as opposed to sick
  - Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret
Flexibility

• Keep your approach flexible
  – Every day, there are new problems and new solutions. Sometimes, one solution works and other times other solutions works. – Amit Bhatia
Non-Negotiables

• Define the things that are non-negotiable
  – Exercise every day, eat healthy, and sleep at least 7 hours no less than 6 hours a night. Consistency is the key for me. ~Billie Joe Heller
Imperfection & Chaos

• Embrace imperfection and chaos
  – Give up perfection in one area to have the other in your life. ~Melanie Greenberg PhD
Let the little things go

Don’t worry about certain little things. Remember this life is just a ride. Sit down and enjoy. When you are less worried you can finally live your life, and balance will show up when you don’t expect it. ~Kim Van Biezen
Creating work/life balance

• Allow yourself to achieve flow
  — To be engaged at whatever I am doing, whenever I am doing it. What I do wholeheartedly energizes me, no matter what that is. It is only when I get into the pattern of getting through one thing in order to get to the next thing that I feel exhausted and overwhelmed. ~ Your To Be List (James McMahon and Lauren Rosenfeld)

Lori Deschene, Tiny Buddha, tinybuddha.com
Not all about WORK!

• Don’t put all your eggs in your inbox
  – The key is to not expect more than work can actually provide. While it’s important to enjoy work, you can’t expect it to fulfill every aspect (passion, social, entertainment, etc.) ~Melissa Mizer Wilhel

Lori Deschene, Tiny Budda, tinybuddha.com
What do you do?

- Examples of what YOU DO to create this balance?
Other “Motto’s”
Motto’s and Mantra’s

• Accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference
• Be honest with yourself and others
• Desirability of the possible & possibility of the desirable
Motto’s and Mantra’s

• Use your talents in ways that interest you
• Don’t expect to change anyone but yourself
• Desirability of the possible & possibility of the desirable
“Every day may not be good, but there’s something good in every day.” ~Unknown
Motto’s and Mantra’s

• Live and let live
  – Don’t judge or criticize others or concern yourself with what they do

• First things first
  – Do what’s most important – you’ll get more done. It’s a great way to organize your time and energy

• Think
  – Hold back that rash word or thoughtless action
  – Think about ways to improve yourself
  – Think before you make decisions
Motto’s and Mantra’s

• One day at a time
  – Today is the most important day of your life
  – Use it!
  – Forget yesterday – and don’t worry about what might happen tomorrow!

• Listen & Learn
  – There’s something of value to be learned from everyone you meet
  – Look for it and use it
What we can do to be happier

• Do something nice for someone else
• Work towards a goal (even if it makes you frustrated at the time you do it)
• Smiling elevates your mood
• Get some positive social contact
  – No whining parties
  – Hang out with happy people: mood is contagious
• Actively boycott negative thoughts
  – Your brain is what you think

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Quick primer on cognitive behavior modification

• Be aware of your thoughts and actions
• Stop negative thoughts and actions
  – The moment you become aware of your negative thought or action, tell yourself mentally to stop!
• Replace negativity with positivity
  – Once you stop the negative thoughts or actions, quickly replace them with positive thoughts or fun positive behavior

This gets easier the more you do it!!
What we can do to be happier

• Eliminate personality traits that lead to unhappiness (victimization, blame, entitlement, belief that you are owed something)
  – Try cognitive behavior techniques which you can do yourself
  – Don’t feed bad behaviors

• Volunteer and help others
  – Be a good friend

• Be in the moment (Be here!)
  – Practice mindfulness

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Happiness

• IS A CHOICE!!!
  – You choose to be happy or unhappy
• The foods you eat, ways you move, and thoughts you think can support your quest for happiness

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People will forget what you say. They will even forget what you do. But they never will forget how you made them feel. Maya Angelou
WHY?

• Sum up…
• This past year and a half’s journey has opened my eyes
• Stopped living in a fog
• Love to be able to share this with others!
Resources

• Food Addicts in Recovery - http://foodaddicts.org/
• Alcoholics Anonymous – http://www.aa.org/
• ALANON - http://www.al-anon.alateen.org/
• Janus Journey’s - http://www.janusjourneys.org/
• Choice Center Worldwide University - http://choicecenter.com/
Resources

- The Four Agreements - don Miguel Ruiz
- The 8th Habit - Stephen Covey
- The Power of Intention – Wayne Dyer
- The Soul of Money – Lynn Twist
- Illusions - R. Back
- Infinite Possibilities – Mike Dooley
- The Mastery of Love – don Miguel Ruiz
Resources

• 24 hours a day – Hazelden
• Food for Thought - Daily Meditations for Overeaters - Hazelden
• Codependent No More: How to Stop Controlling Others and Start Caring for Yourself - Melody Beattie
• The New Codependency: Help and Guidance for Today's Generation - Melody Beattie
• The Language of Letting Go – Daily Meditations for Letting Go - Melody Beattie
• Courage to Change - ALANON
• Hope for Today - ALANON
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