

# Work-Life Alignment

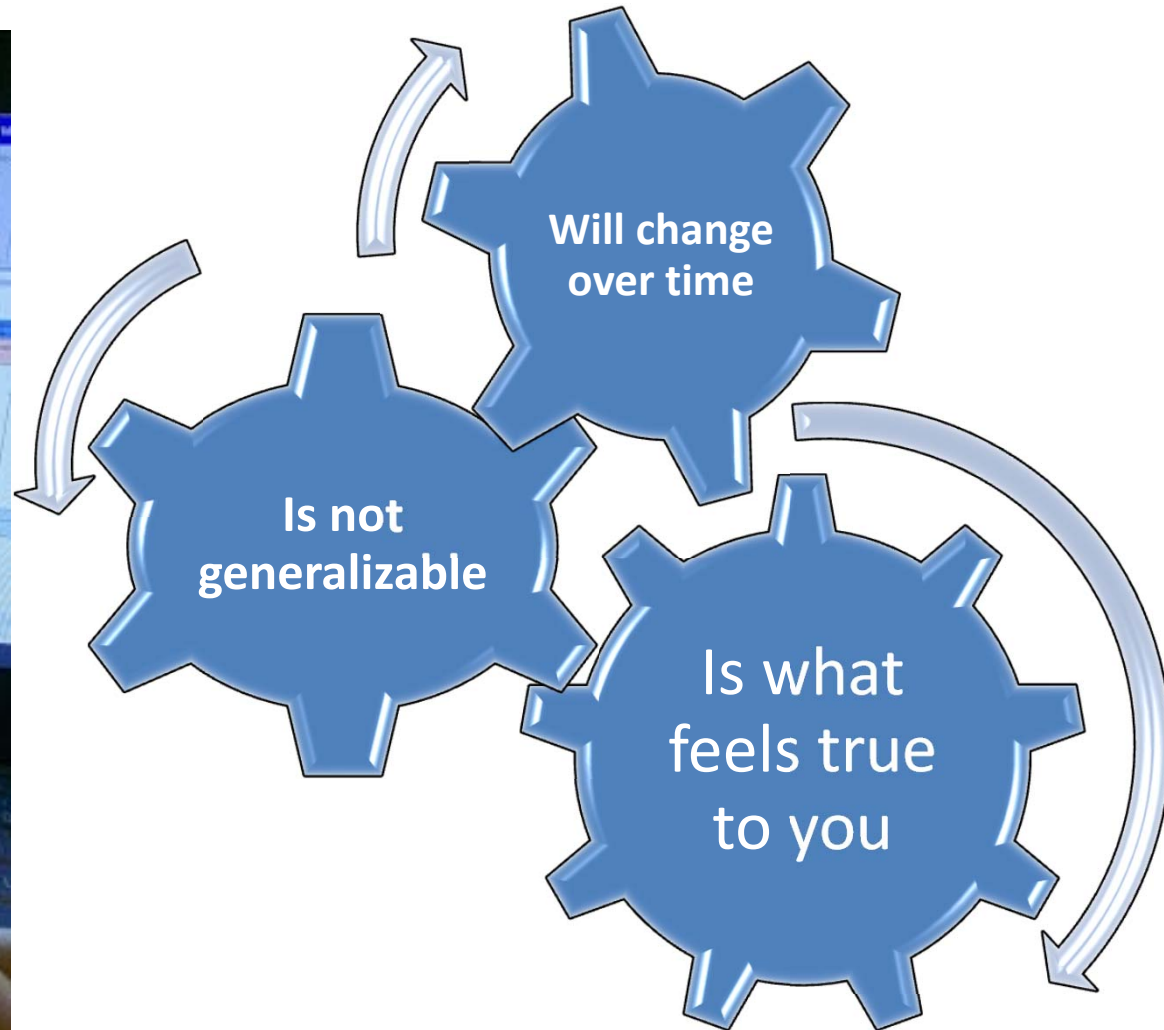
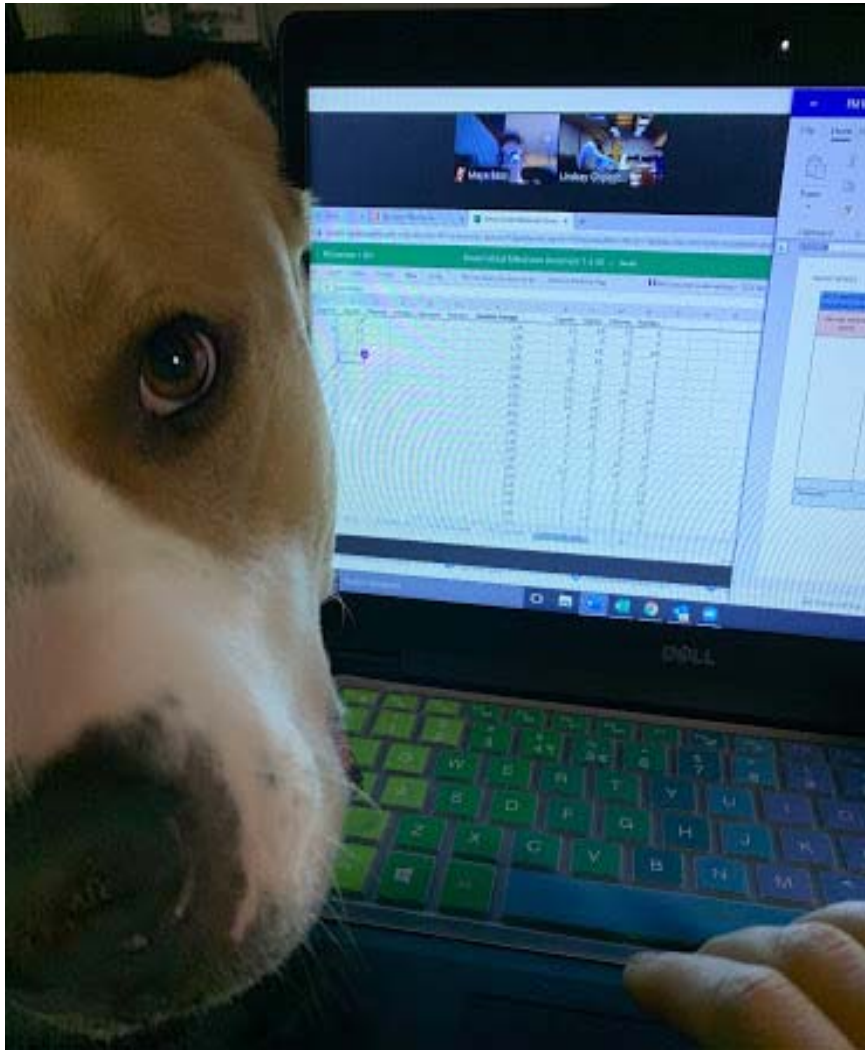
Maya Bass MD, MA, FAAFP

March 8, 2020

# Disclosures

- None

# Alignment Vs Balance



# Learning Objectives



Explore different wellness tools



Practice a mindfulness meditation



Identify your core values



Choose an identity



Create an action plan



# When do you feel aligned?



OF  
DATION



# Cultivating Joy Meditation



# Tricks to Happiness



DAILY  
GRATITUDE



“WHAT WENT  
WELL”



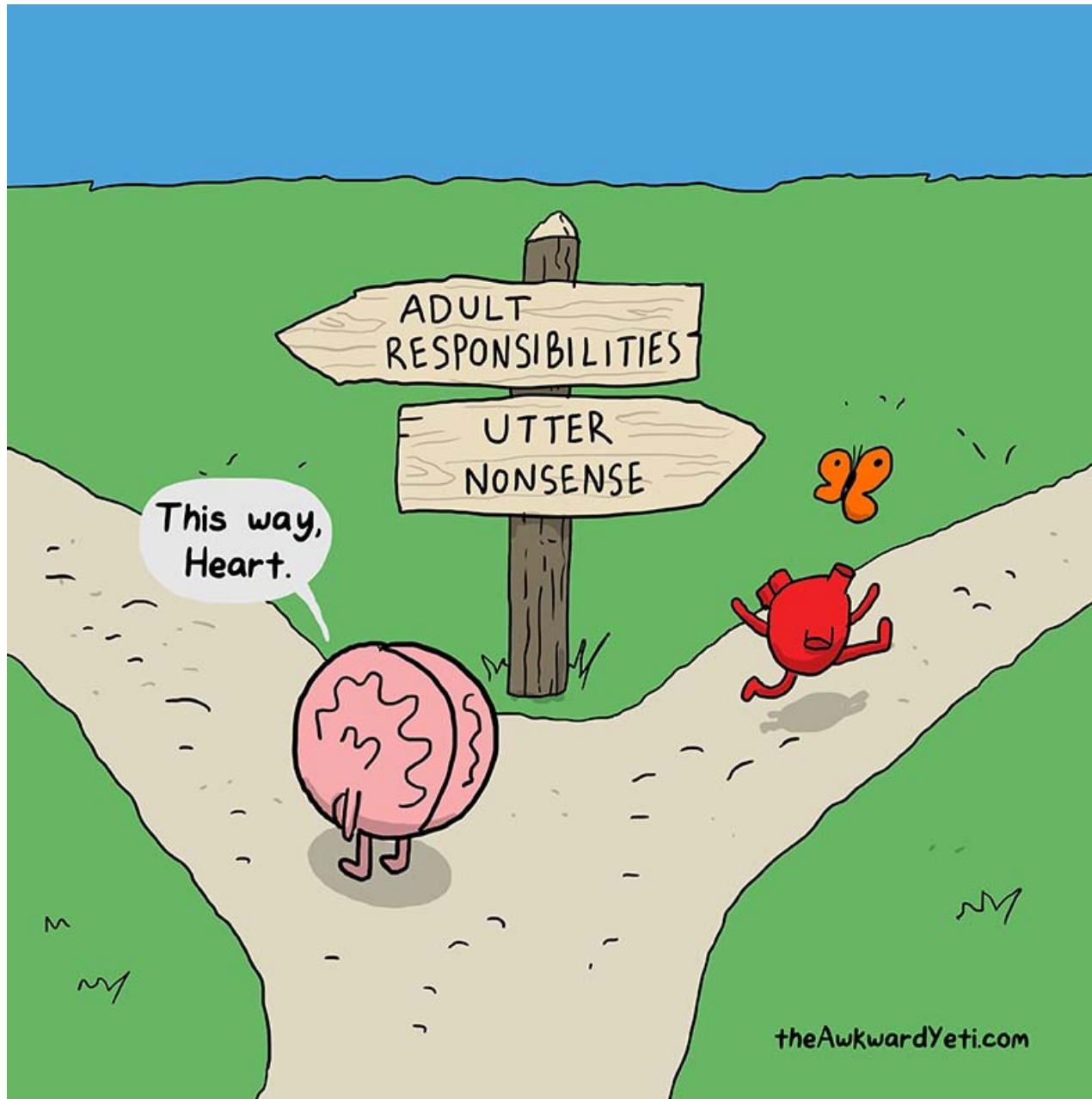
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WHAT HAS  
WORKED FOR  
YOU?



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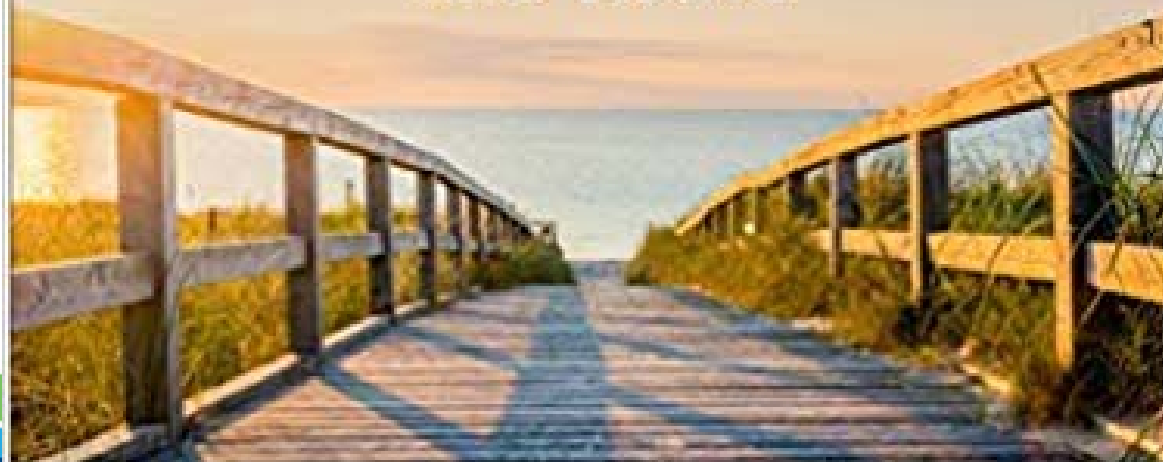




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# The Mindful Self-Compassion Workbook

A PROVEN WAY  
TO ACCEPT YOURSELF,  
BUILD INNER STRENGTH,  
AND THRIVE



Kristin Neff, PhD | Christopher Germer, PhD

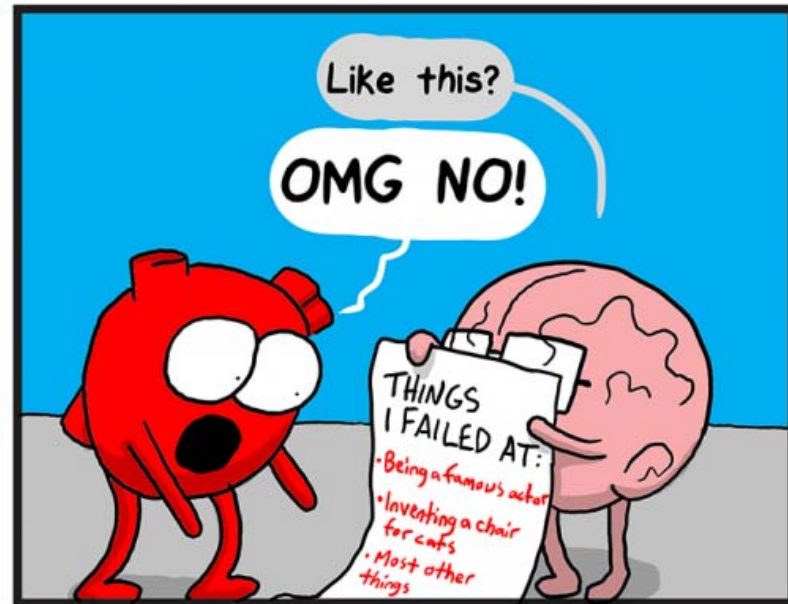
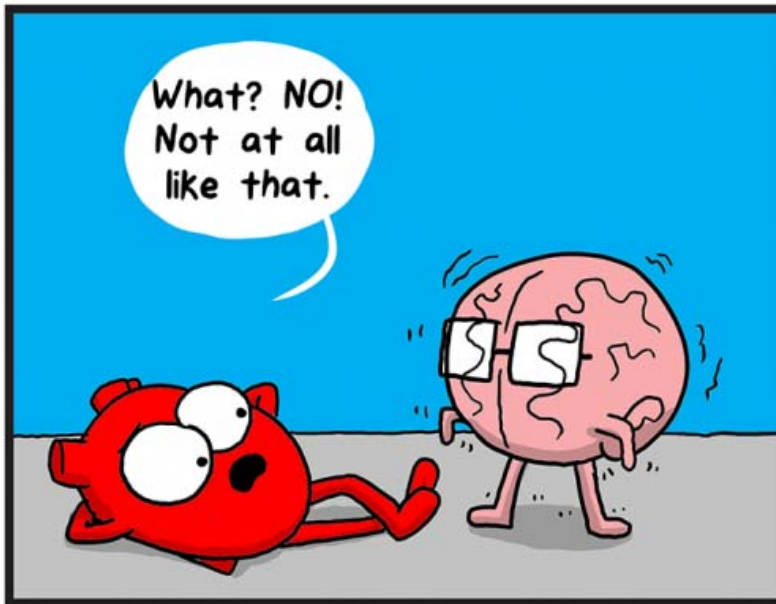
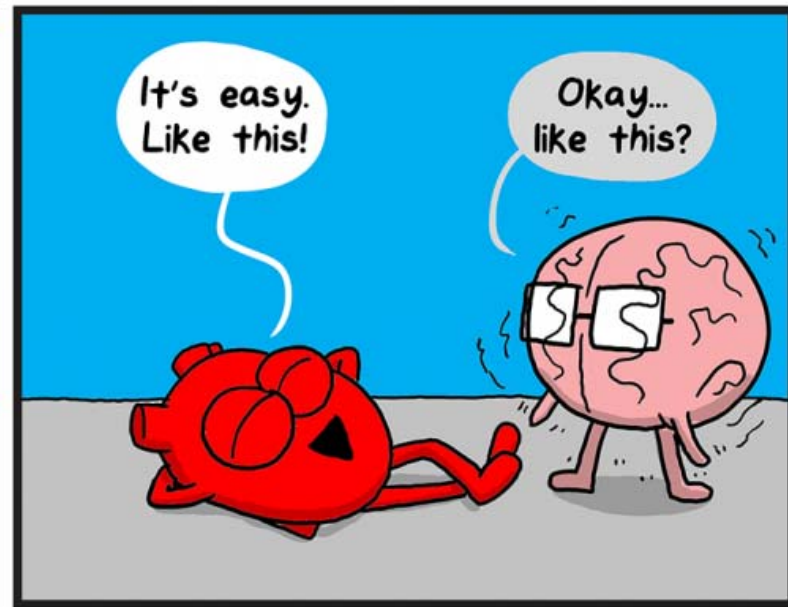
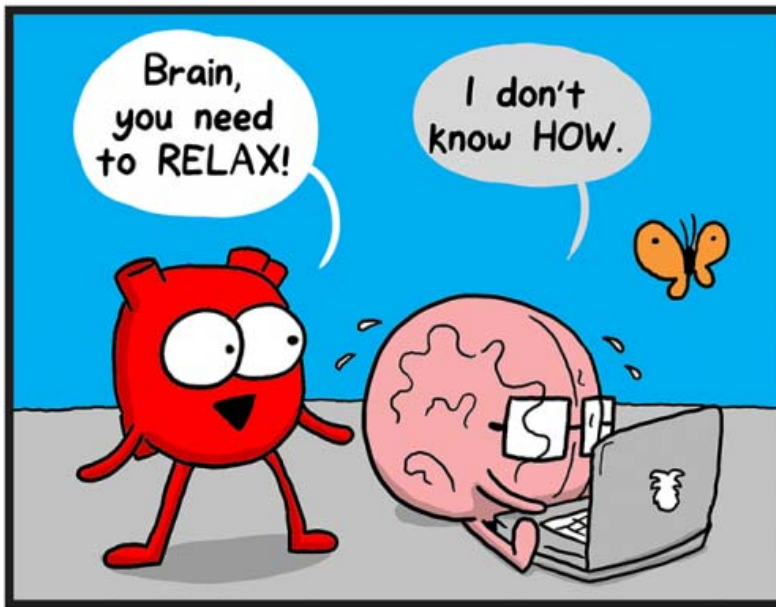
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What is your internal dialogue  
when you make a mistake?

# SELF-KINDNESS







theAwkwardYeti.com



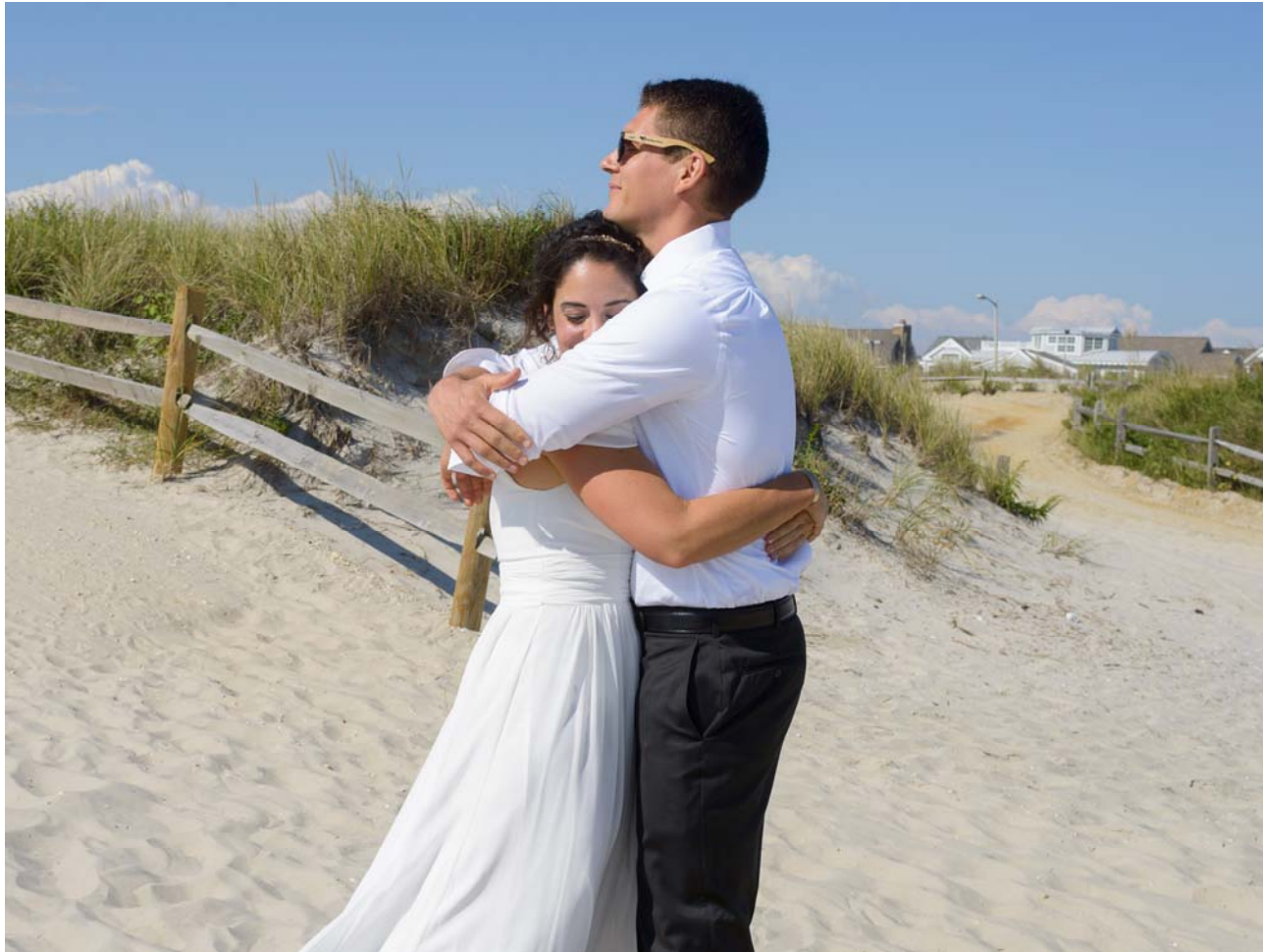
# Common Humanity

**“All humans are flawed  
works-in-progress...Life  
entails suffering, for  
everyone, without  
exception”**

**-Neff**

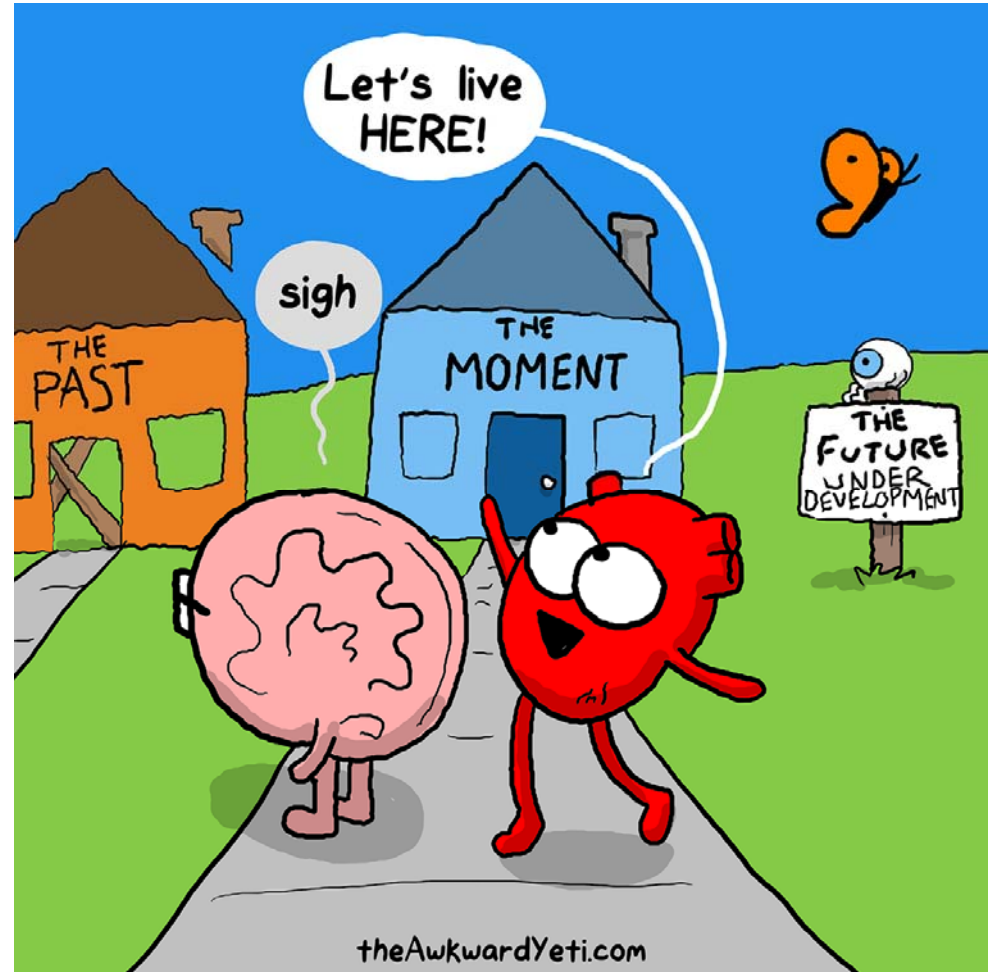


# Loving Kindness Meditation



# Mindfulness

Being present without  
judgement





# Mindful Sigh



# Values Clarification





Your beliefs become your  
thoughts,  
Your thoughts become your  
words,  
Your words become your  
actions,  
Your actions become your  
habits,  
Your habits become your  
values,  
Your values become your  
destiny.

— **Gandhi**





# Create an Identity

- I AM \_\_\_\_\_
  - a compassionate doctor
  - a spiritual person
  - an evidence-based provider



<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>Specific</b>	<b>Measurabl e</b>	<b>Attainable</b>	<b>Realistic</b>	<b>Time- bound</b>
Do: Pick a single activity	Do: Use real numbers/units	Do: Pick a goal that is a mild to mod challenging	Do: Know your own abilities	Do: Give yourself a due date
Don't: Do everything at once	Don't: Be Vague	Don't: Set yourself up for failure	Don't: Forget inevitable roadblocks	Don't: Use phrases like "soon"

Maybe it  
would be easier  
if we put this  
down.



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**Share with the  
person next to  
you**



Your Identity



Your SMART GOAL



Your contact info to check-  
in!



Or email me for a check-in  
[Maya.Bass@TowerHealth.Org](mailto:Maya.Bass@TowerHealth.Org)



# Questions?



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