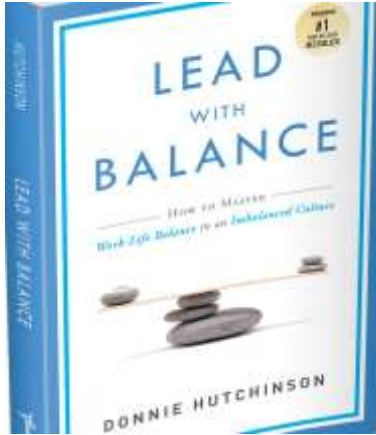


Dr. Donnie Hutchinson



Professor



Author



Author



IAFF/ALTS 2017, 2018, 2019



Health & Wellness



Marlene 6 years



Children



Charlie



FIRE OPS 101



6 Years E-4



Firefighter Health & Wellness Conference

Dr. Donnie Hutchinson

Work-Life Balance

October 25, 2019

[Video](#)

Firefighter Health & Wellness Conference

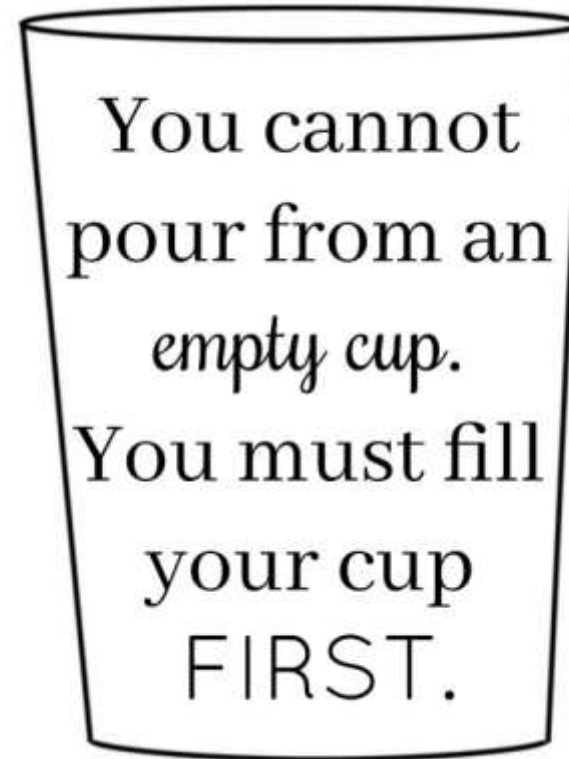


Dr. Donnie Hutchinson
October 25, 2019

Work-Life Balance Requires...

***Effective management of
your self-care needs.***

- Physical
- Psychological
- Social
- Spiritual



Your Choice Nutrition

Education

What is Spillover?

- When something you do or don't do in one role spills-over into another role.

+ Positive

- Negative

What is Work-Life Balance?

Aligning your day-to-day behaviors with your priorities in life.



Training – Begins with Reflection

What is your Current Reality of Work-Life Balance?

The Song

Current Reality

What did you think about during the song?

What didn't you think about?

Current Reality



Who's important to you?



**How have you prioritized or failed to
prioritize them?**



What's important to you?



**How have you prioritized or failed to
prioritize this?**

Current Reality #6 Reflection: Time

What do you need to do now that you will not be able to do in two years?

- -
- -
- -
- -
- -
- -
- -

What do you need to do now that you will not be able to do in five years?

- -
- -
- -
- -
- -
- -
- -

SELF-CARE – How well are you doing with...

Physical – diet, exercise, sleep, decontamination

Psychological & Emotional – peer support, therapy

Social – family and friends

Spiritual – prayer and/or meditation

Desired Future

Desired Future

- Decide who and what is most important in your life.
- Imagine what could be...
- Decide what needs improved regarding your self-care
- Pull out a clean sheet of paper and title it Desired Future
- REMEMBER: You are the architect of your life. Design it today!

Building a Transformational Plan

Rebalance –

- Focus on the execution of the task, not the goal
 - What can you do for your self-care?
 - What can you do for your relationships?
- Train yourself on managing self-care and work-life balance like you train as a firefighter
- Improving Life One Self-Care Task at a Time
 - Do something different today!
 - FF Football Story

Thank you & Let's Keep in Touch!

Book Dr. Donnie at your event!

Dr. Donnie Hutchinson

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Linkedin: donniehutchinson



Jim Introducing Donnie

1. Pull up PPT presentation and view Slide Show

2. Go to slide 1 and introduce me via the pictures...feel free to add your personal story

3. Go to next slide and play the video

4. When video finishes, close or X out of Youtube.

5. Go to next slide which is my Work-Life Balance logo

6. I come up on stage and begin

What I Believe... & What the Research Says...

1. I believe self-care includes your physical, emotional, social, and spiritual needs.
2. I believe effectively managing self-care needs is a prerequisite to a balanced and effective life.
3. I believe a balanced life through self-care management helps mitigate and reverse preventable diseases.
4. I believe you want to give your family and brothers & sisters in the firehouse your best.
5. I believe you can be incredibly successful at work and home.