

Good morning.

Our presentation will begin shortly.

We are just waiting for everyone
to have the opportunity to join us
and get settled.

Please use this time to
think quietly to yourself
about the pros and cons
of your current home
workspace.

Thank you.

**Empowering the
Higher Education
Telecommuter:**

**Making Space for
a Healthy
Work-Life Balance**







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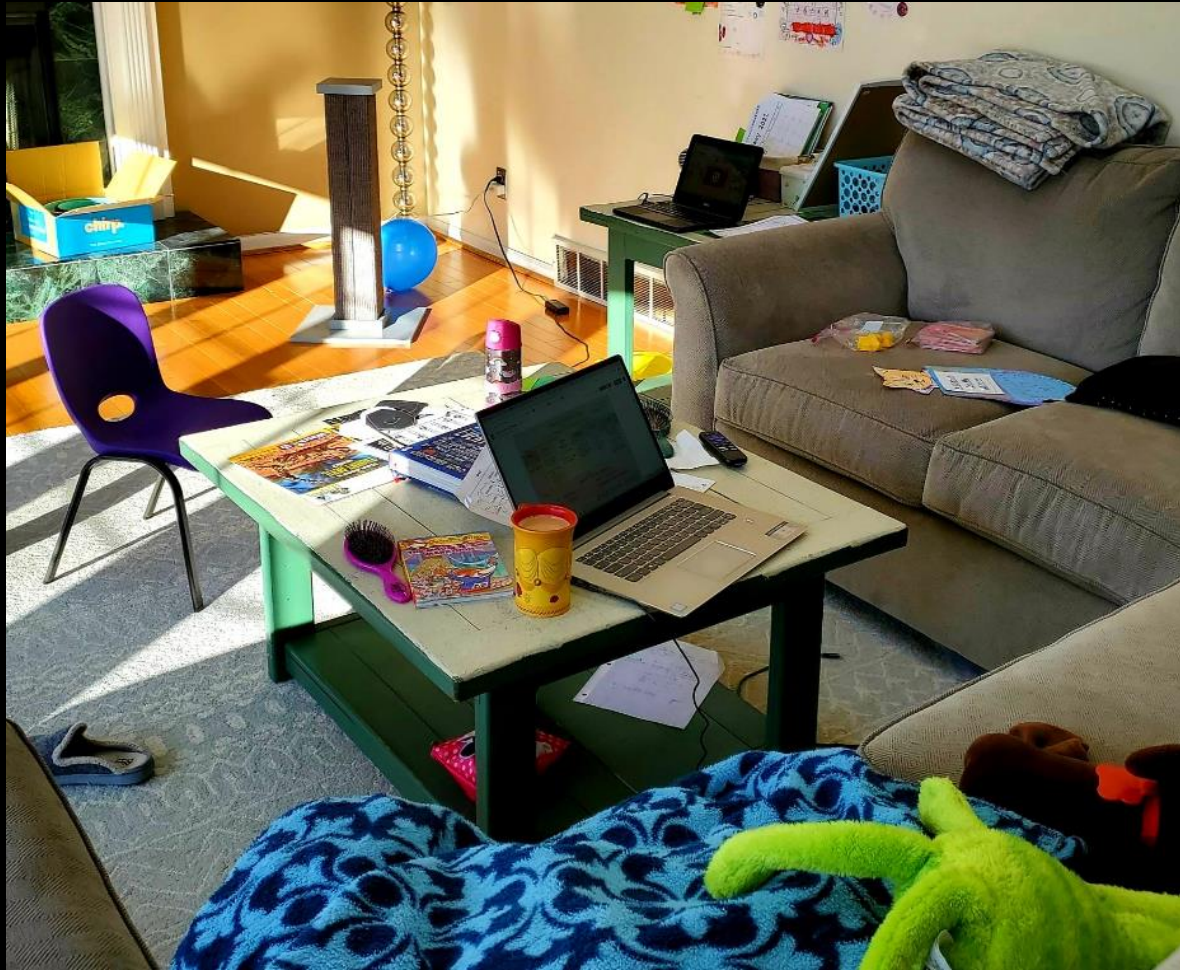
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Today's Agenda

(50 minute session. End time: 11:20AM)

- Meet your presenters
- What % of your work week is spent working-from-home?
- Psychologist Guy Winch: How to Turn Off Work Thoughts
- Independent Activity: The Perceived Stress Scale
- Tips to Improve Your Work-Life Balance
- Opportunity to Share
- Closing Resources

Hello, it's so nice to meet you!
Please stay in touch!



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Julia Braun

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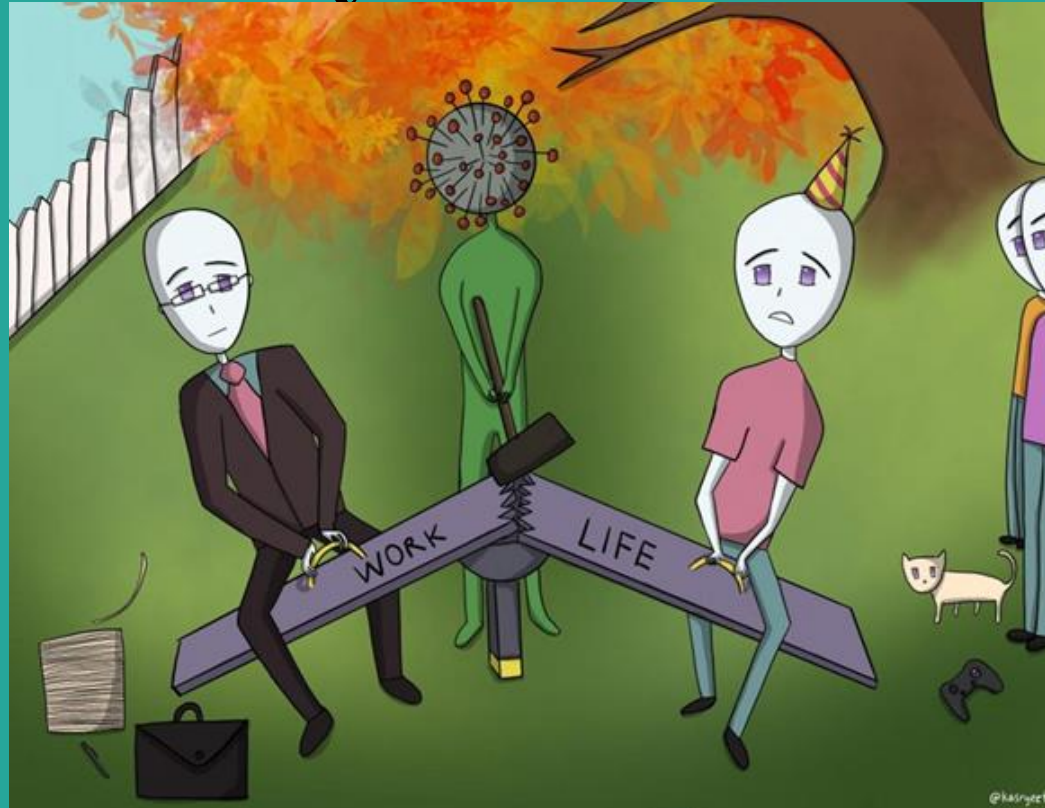


As of this week,
what percentage of
time are you working
on-campus *vs* at-home?



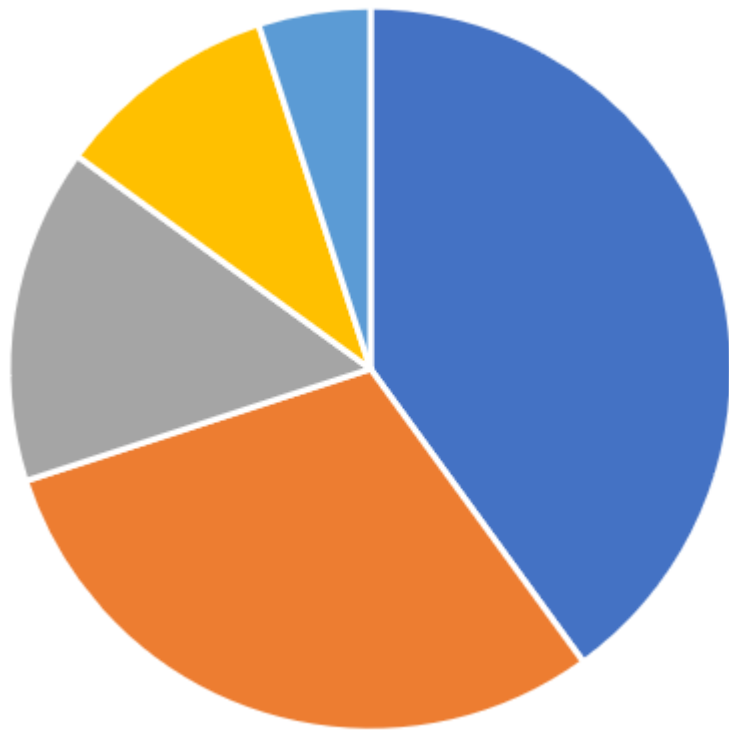


Can you relate?





How Are You?



■ Poor ■ Fair ■ Neutral ■ Okay ■ Excellent



The Perceived Stress Scale (PSS)

Are you feeling overloaded?

Does life feel too unpredictable and out-of-control?

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

- _____ 1. In the last month, how often have you been upset because of something that happened unexpectedly?
- _____ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
- _____ 3. In the last month, how often have you felt nervous and stressed?
- _____ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
- _____ 5. In the last month, how often have you felt that things were going your way?
- _____ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
- _____ 7. In the last month, how often have you been able to control irritations in your life?
- _____ 8. In the last month, how often have you felt that you were on top of things?
- _____ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
- _____ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Figuring Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:

$$0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.$$

- Now add up your scores for each item to get a total. **My total score is _____.**
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
 - ▶ Scores ranging from 0-13 would be considered low stress.
 - ▶ Scores ranging from 14-26 would be considered moderate stress.
 - ▶ Scores ranging from 27-40 would be considered high perceived stress.

The Perceived Stress Scale is interesting and important because your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

***Disclaimer:** The scores on the following self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help assess your level of stress. If you have any further concerns about your current well being, you may contact EAP and talk confidentially to one of our specialists.*



What are the keys to living a happier remote-commuter lifestyle?



**Establish proper work-life separation tactics.
Make rituals- your mind will fall for it!**



**Why yes,
I'm a bit stressed.**



Why do you ask?

**Better manage our
emotional distress by
purposefully engaging all
of our senses in a helpful
way throughout the day.**



How have you made your work-from-home spaces more pleasant?



Mental Health Resources: Stress & Coping During the Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Connect

Talk

Cope

NYProject
HOPE
Coping with COVID

NY Project Hope
New York's COVID-19 Emotional Support Helpline



CALL: 1-844-863-9314

**“You may not control all
the events that happen to
you, but you can decide
not to be reduced by
them.” – Maya Angelou**

Thank you!

