

PRACTICE RESILIENCE: BE HAPPIER AT WORK

Identify where you are in your resilience journey, and create an action plan to achieve more happiness at work

Kate Fitzpatrick, Town Manager
Needham, MA

Molly Fitzpatrick Kean, Assistant Town Administrator
Westwood, MA

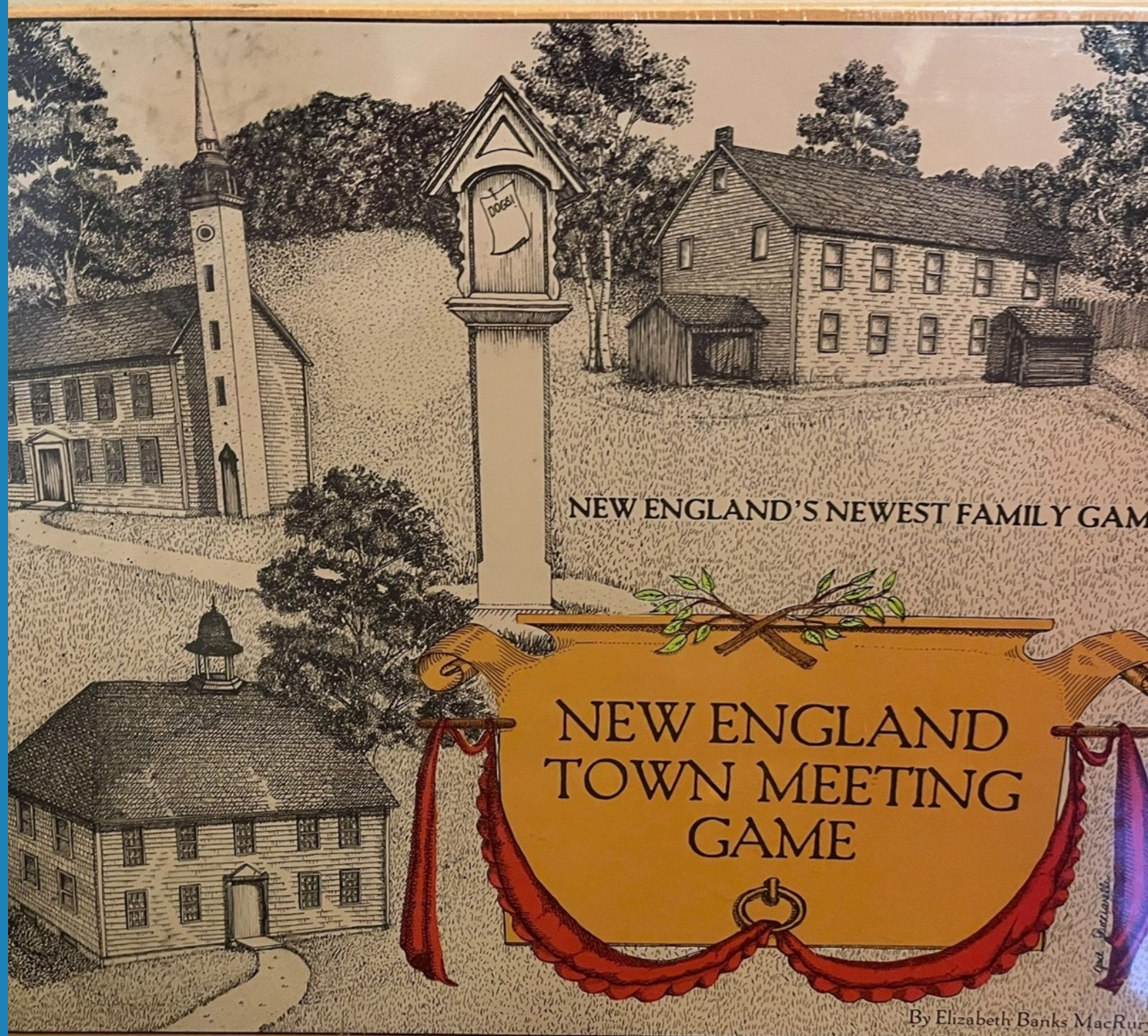


Did you used to be happier at Work?

What changed?

What is resilience and why does it matter?

What are the “Workplace miseries?”



The Workplace Miseries

1. We have no time to prepare.
2. There is a lack of cooperation between departments.
3. People can be mean and have unreasonable expectations.
4. Going on vacation or to a conference requires so much effort before and after that it isn't worth it.
5. People don't care where their priority fits in our plan.
6. We suffer from near constant conflict resolution on all sides.
7. We have so much on our plate we are never really present.
8. We spend most of our time on low payoff activities.
9. Work feels 24/7.
10. Email may actually kill us.

REST

Rest is actually a thing.

We are in a constant state of stress/stress cycles.

Long-term exposure to cortisol is bad.



REST

Rest is a miracle cure.

You can't be brave if you're tired.

How can you prioritize rest?



JOY & FUN

The more joy we have in our lives, the less we act like jerks.

Vacation lowers the risk of death & disease, and reduces levels of clinical depression.



JOY & FUN

Joy boosts our immune systems.

Joy fights stress & pain, lowers anxiety and prolongs life.

Joyful people are kinder.

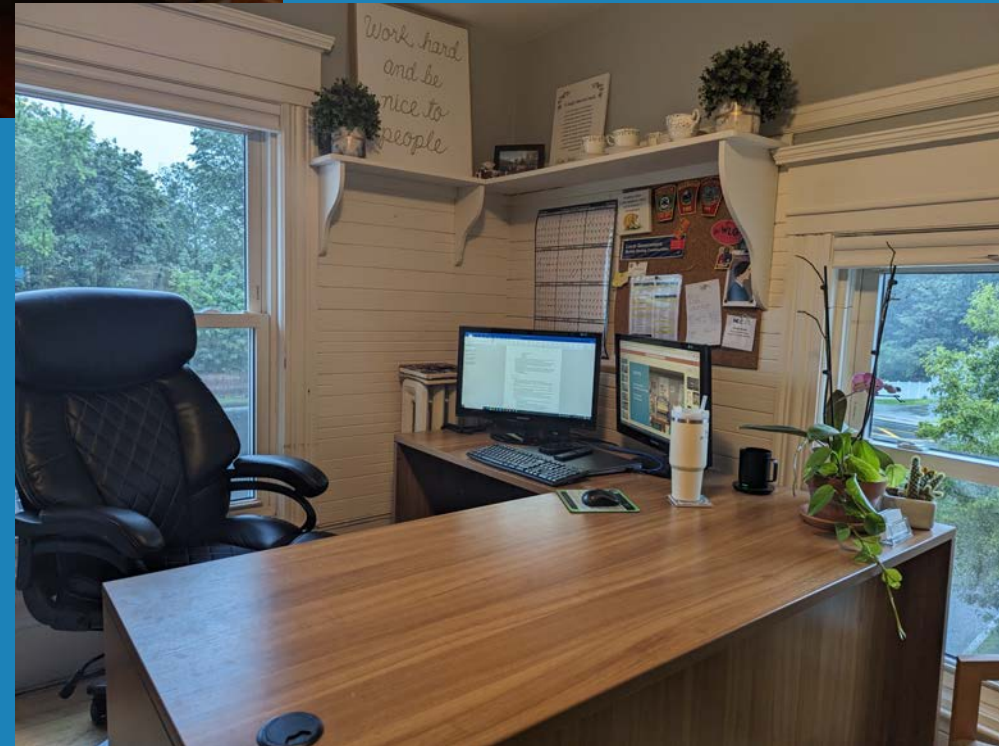


CLUTTER

Outer order inner calm

Clearing clutter
lowers cortisol levels.

Make room for what really
matters.



CLUTTER

Decluttering increases happiness.

Subjects cooking in a cluttered kitchen ate twice as many cookies!



DREAD PREVENTION

Would you like to
reclaim your Sunday
nights?




DREAD PREVENTION

Dread: to anticipate
with great fear.

Relief for Sunday
scaries.

Name, accept, flow,
wait.



omw to my office job to
answer emails with the
anxiety levels of someone
being hunted for sport



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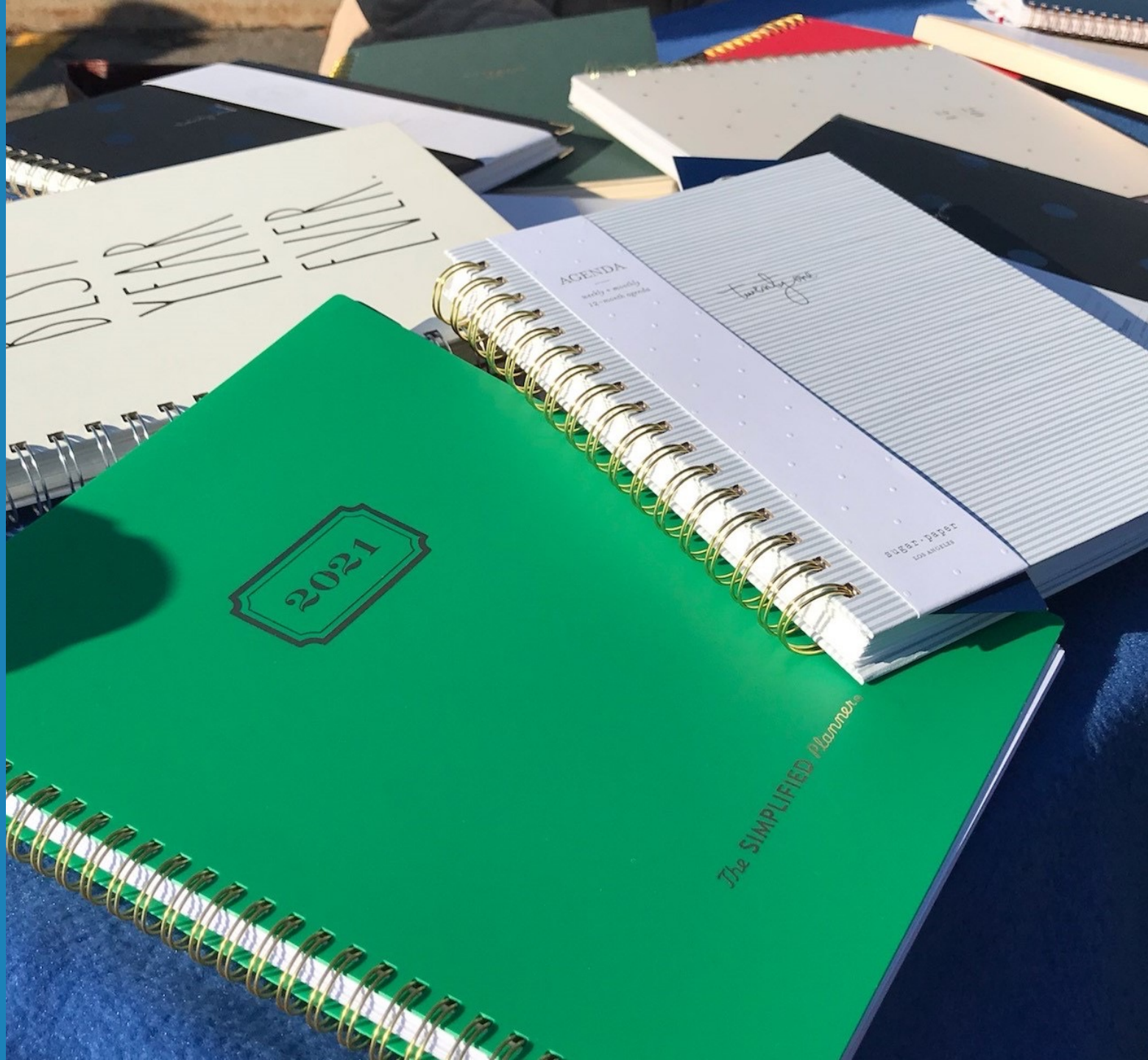


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PLANNING & TIME MANAGEMENT

Things go well with best laid plans.

Planning can lower cortisol levels.



PLANNING & TIME MANAGEMENT

Planning helps people feel more in control of their time, lowers stress and anxiety, & boosts life satisfaction.



We're calling this "controlling what you can when things feel out of control."

HEALTH & WELLNESS

Movement interrupts
the stress cycle.

Stop talking, start
doing. But do
something you love.

People who
exercise and meditate
are happier.



HEALTH & WELLNESS

Eat food. Not too
Much. Mostly plants.
(Michael Pollan)

Listen to your body.



LEARN & GROW

Continuous learning keeps the brain sharp.

Learning new languages is especially useful.

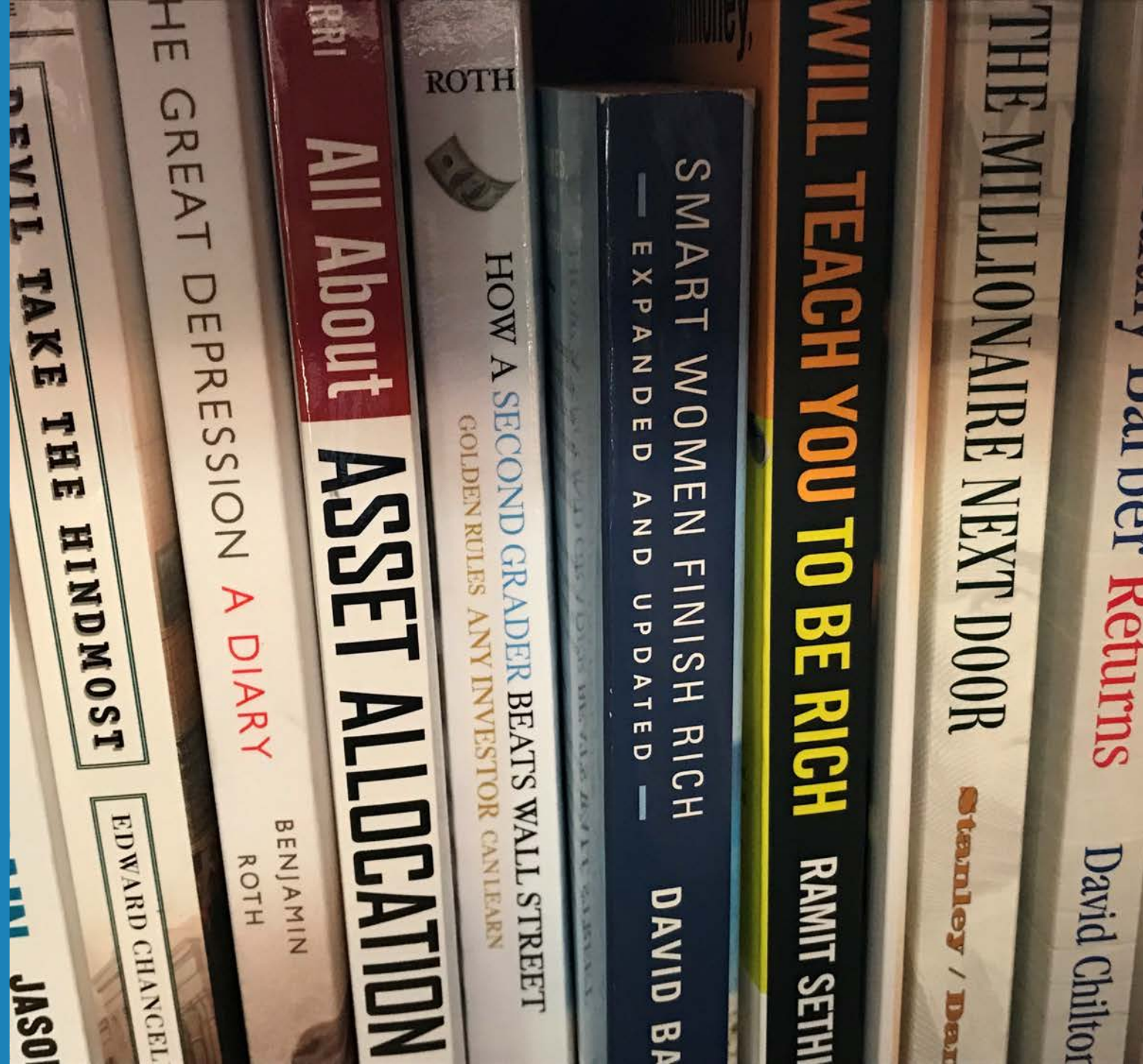
The new skill must be fulfilling.

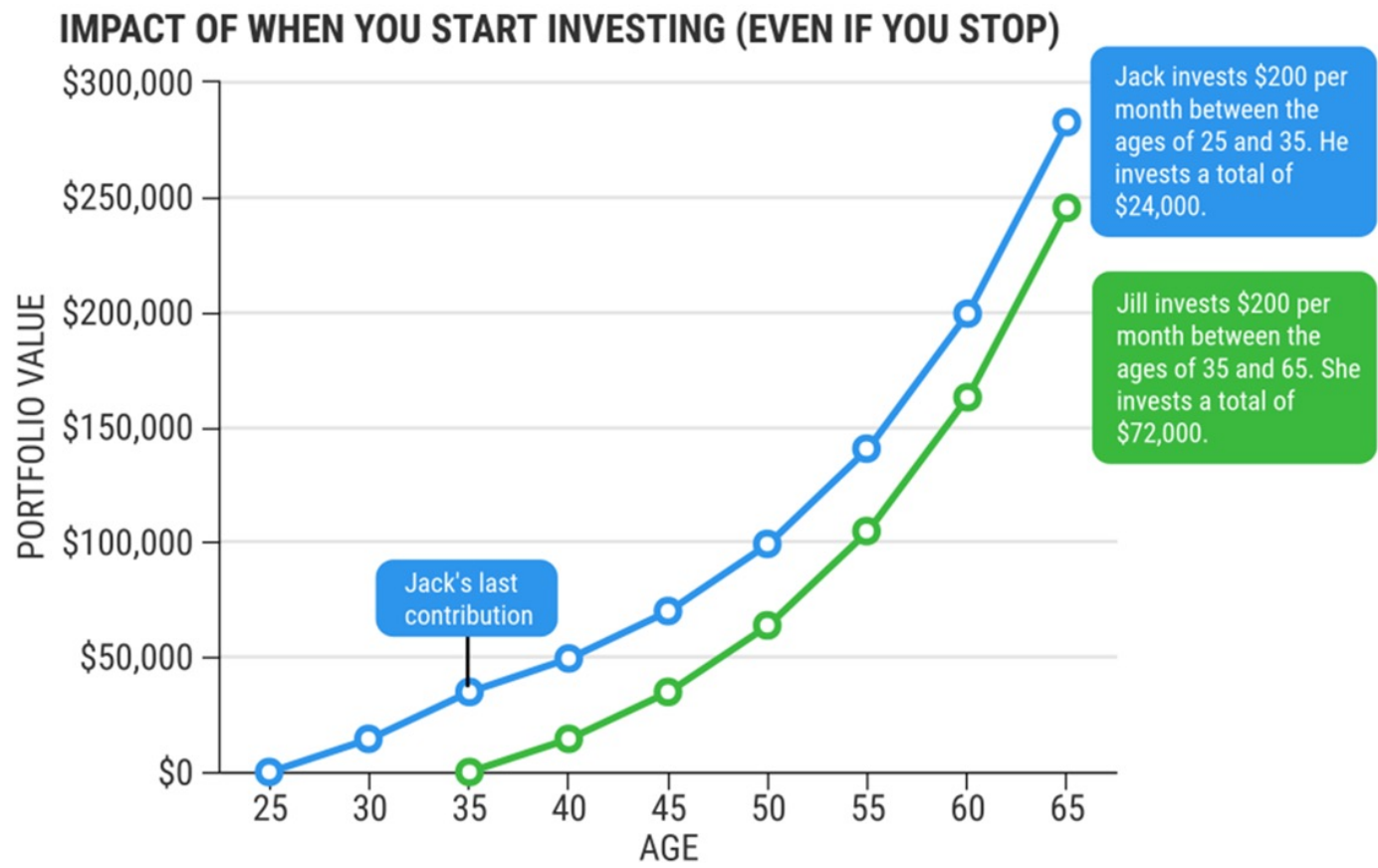


PERSONAL FINANCE

Take steps to tackle your finances & they will stop following you around.

Start now.





PERSONAL FINANCE

Lowering financial stress reduces cortisol levels.

Consumers who spend \$ to save time are happier.

Emergency fund, debt, retirement savings.

GIVING BACK

Gratitude helps you as well as others.

The secret to happiness is helping others, especially in areas that we are passionate about.



CONNECTION

Social connection
makes people happier
and live longer.

We need each other
now more than ever.



What are you going to work on?

Kate Fitzpatrick, Town Manager
Town of Needham
kfitzpatrick@needhamma.gov

Molly Fitzpatrick Kean, Assistant Town Administrator
Town of Westwood
mkean@townhall.westwood.ma.us

RESTART