



Communication Tool Kit

PHYSICAL, MENTAL, SPIRITUAL, SOCIAL, FINANCIAL



March (Investing in Yourself)



Vignette: For many years you have been struggling to find a balance between your work and home life. You recognize that you often have high expectations for yourself and you often put the needs of others before your own. You are beginning to experience “burn-out,” which has resulted in taking sick time from work, leaving assigned tasks to the last minute (often completed at a lower standard than you traditionally like) and even your personality has begun to shift

wherein you are more easily agitated and feel like you are always lagging and low on energy. What would your first action step be in starting to invest in yourself?

- A) Write an action plan involving all the different hobbies you enjoy and commit to practicing for a set amount of time and number of days per week.
- B) Take five minutes each morning before work to meditate or practice deep breathing exercises.
- C) Ask for support in completing tasks and learn how to prioritize tasks in order of most important to least.
- D) All of the above.

BEST ANSWER: D! All of the above are excellent options and utilizing all approaches will greatly assist you in finding ways to take time for yourself each day and/or on a weekly basis.

Discussion Q&A:

- ♦ Can you relate to the scenario above? Share your experiences with the group.
- ♦ How would you approach this conversation with another if you felt they were experiencing something similar to the above situation?
- ♦ At what point would you reach out to a behavioral health professional?
- ♦ What are some strategies that you use to ensure you are ‘Investing in Yourself’ and creating boundaries with others, when needed?

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Takeaways:

- Start investing in yourself by creating healthy boundaries within your work/personal life and speak up when you need help or a break.
- Make a plan! Create a daily “To Do” list. Check the box when you finish your task and reward yourself for your accomplishments.
- Take breaks between tasks, consider a short meditation session, chat with a friend or plan a reward for yourself for bigger accomplishments (i.e. weekend getaway, a vacation, a staycation...etc.)
- Remember that “Investing in Yourself” also includes investing in your physical body. Go to the gym, eat healthy well-balanced meals, develop a positive sleep schedule and limit the use of alcohol.
- Learning to “Invest in Yourself” is not easy and it takes years of practice to set boundaries, prioritize tasks, as well as asking for help when needed. If you need assistance, do not hesitate to reach out to a behavioral health professional to get started!

Follow-Up Resources

- Army Director of Psychological Health (DPH): 1-877-504-2358
- Air Director of Psychological Health (DPH): Patricia Weiner (608-234-8820) & Emily Barrett (608-400-5275)
- Chaplain: 608-630-1660
- Army Military and Family Life Counselor ([ACS :: Ft. McCoy :: US Army MWR](#)), 352-801-2742
Air Military & Family Life Counselor: Alicia Zenk, 608-215-3037
- Soldier and Family Readiness Specialist Number: 1-800-292-9464 (Option 1)
- Airman Family Readiness: Jerry Hook (115FW/Volk), 608-245-4654 & Amy Thompson (128ARW), 414-944-8249
- Comprehensive Health and Wellness Courses: [CHW Courses – Wisconsin Service Member Support Division \(wisconsinmilitary.org\)](#)
- Military One Source: 1-800-342-9647
- National Guard Employment Network (NGEN): <https://www.casy4vets.org/WINationalGuard/index.html>