



SOCIETY OF  
RESEARCH  
ADMINISTRATORS  
INTERNATIONAL

# Building Your Roadmap

Planning For Your Personal Wellbeing and Professional Success

# Overview

Permission to not look at a device for this presentation! :)

Personal Well-Being Intro

Professional Goal Setting Concepts

Bringing it all Together

# Julie Benson

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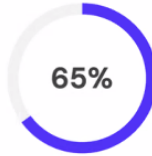
- Completer not a competer
- Problem-Solver – I like to fix things!
- Alaska INBRE Associate Director
- Beekeeper, Hockey Mom, Singer, Breast Cancer Survivor
- Not a Medical Care Professional or Health Care Expert! Just passionate about wellness!



# Why care about my self care?



95% not engaged in top 5 health behaviors



65% are overweight or obese



67% aren't engaged in work



56% adults are not thriving (emotional)



# What is Well-Being?

- The World Health Organization defines positive mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.



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# 5-MINUTE MEDITATION



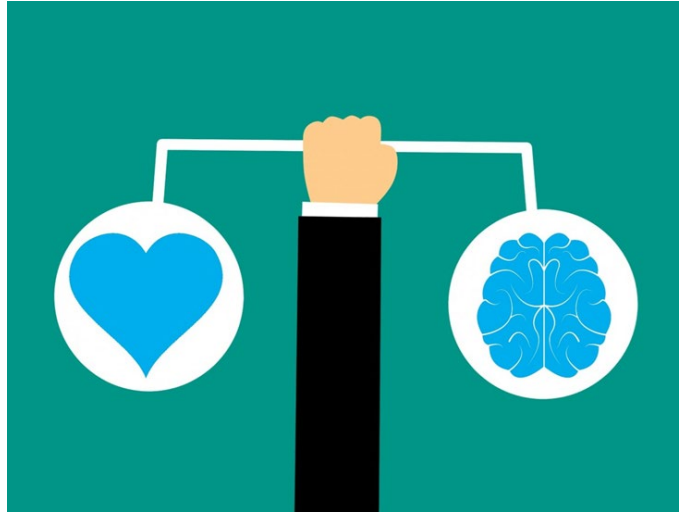
# Cornerstones

- Emotional
- Physical
- Nutritional
- Sleep



# Emotional Well Being

- Self Awareness
- Empathy
- Mindfulness
- Curiosity
- Play
- Resilience
- Communication
  - The 7 Traits of Emotional Fitness





# Physical Well Being

- Anything is better than nothing!
- 4 types:  
endurance,  
strength, balance  
& flexibility

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Tight on time this week? **Start with just 5 minutes.** It all adds up!

# Nutritional Well Being

- Food is not a reward – it's fuel. <3
- Increases focus and concentration
- Reduces inflammation
- Optimizes energy
- Reduces craving (that terrible sugar rush & crash!)
- Improves sleep



# Sleep Well Being

- Consistent Bedtime & Rising Time
- Sleep Environment – dark, quiet, & cool
- Turn Off Technology



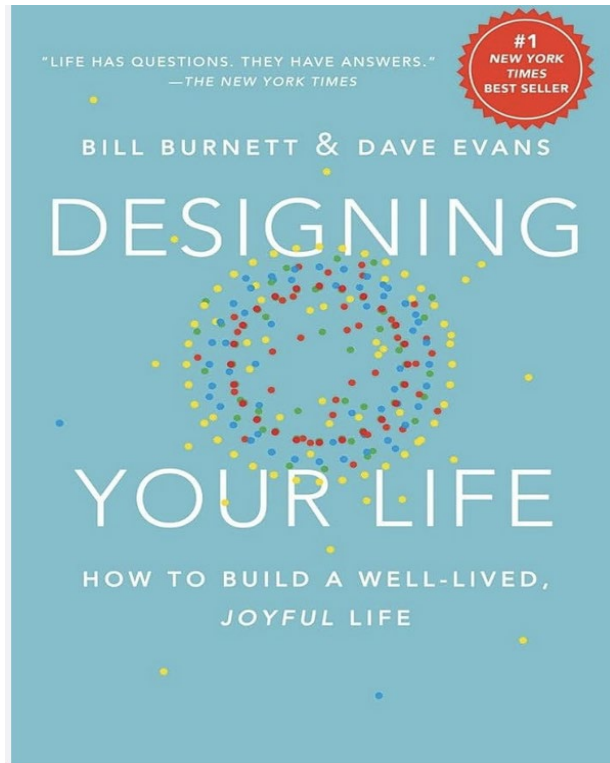
# Cornerstones are for everything!

Each of these cornerstones are important not just for your well being but your productivity as well.

Professional Goal Setting is interconnected with your Personal Well-being



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Designing Your Life....  
Using a research  
administrator view!

## 5 Design-Thinking Ideas for Research Administrators

- Assess (Pre Award)
  - Build Your Compass
  - Non-Negotiables
- Implement Your Plan (Post Award)
  - How Many Yous are There?
  - Try It Out (Prototype)
  - Choosing Well

# Design Thinking Idea 1. Build Your Compass



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As all sailors know, you can't sail a course in one straight line – you tack, according to what the winds and conditions allow.

Liferview – what is your purpose?

Workview – why do you work?



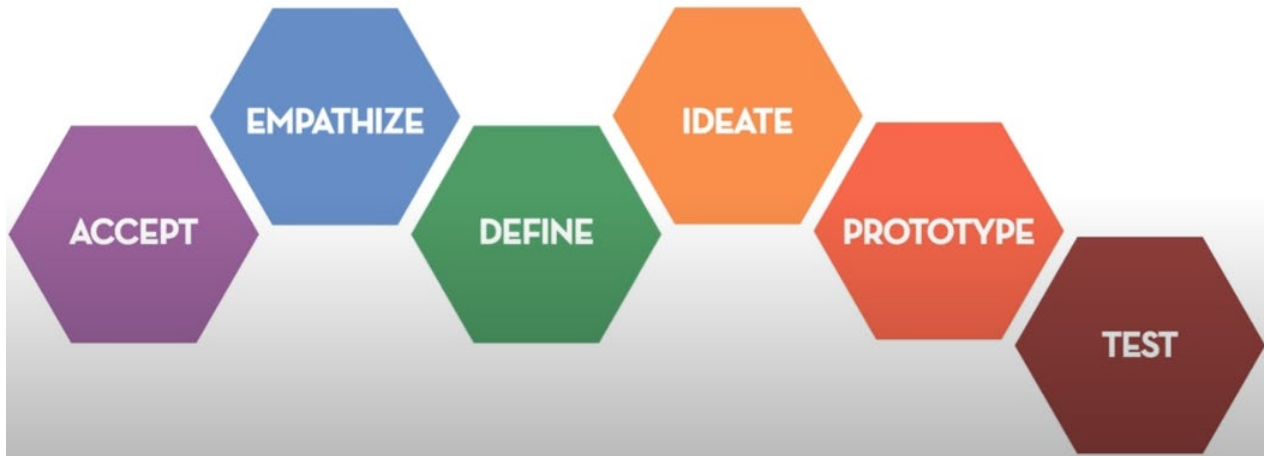
# Design Thinking Idea 2. Non-Negotiables

- Non-negotiables are elements that just are. They are circumstances.





Accept THEN begin the process!

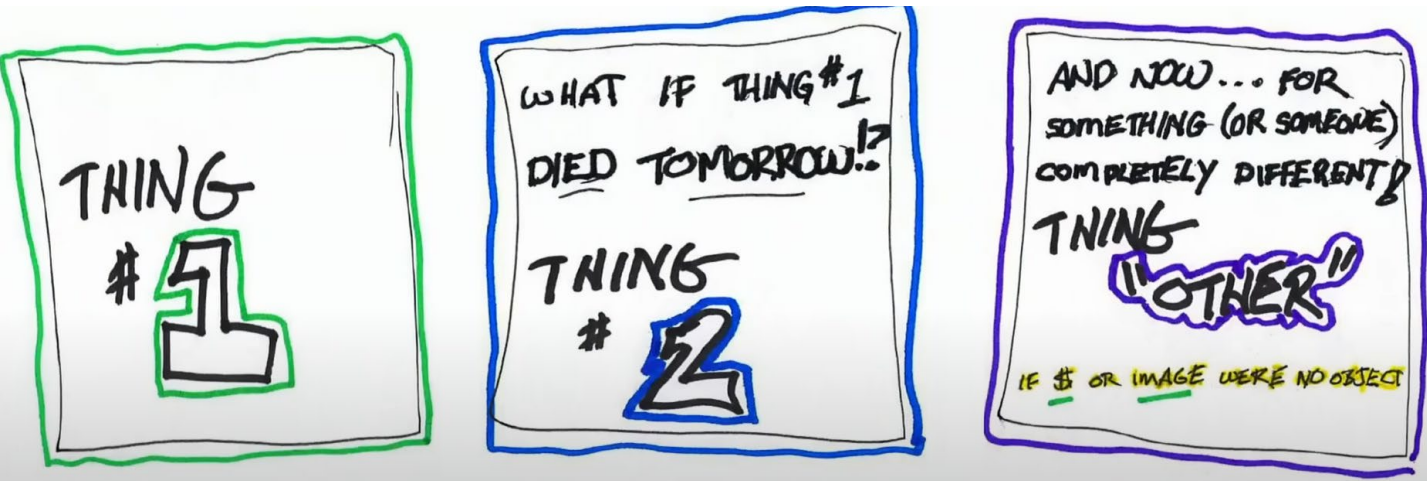


## Design Thinking Idea 3. How many lives are you?



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# Create 3 Five-Year Versions of YOU!



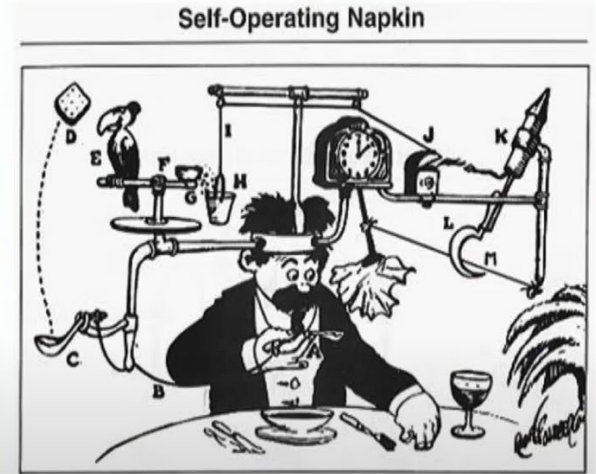
# Time to Process



## Design Thinking Idea 4: Prototyping

### PROTOTYPE TO:

- ask interesting questions.
- expose assumptions.
- involve others with your ideas.
- sneak up on the future.



# Prototype AKA try it on! Be curious!

- Conversations



- Experiences



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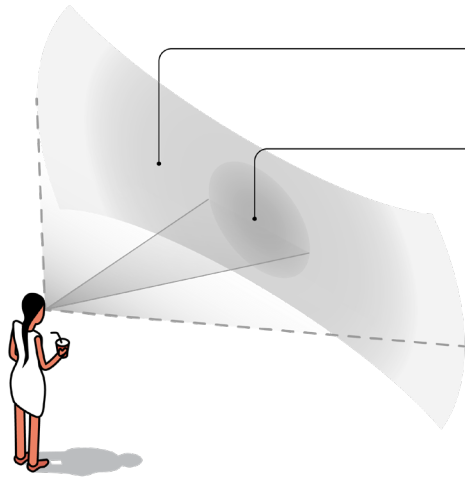
## Design Thinking Idea 5: Choosing Well



How do you  
know when  
you know?

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# Using your peripheral vision



## Foveal Vision

- Legibility in Foveal Vision:



Colors



Complex  
Shapes



Text Read

- Sensibility in Foveal Vision:  
increases as wavelength increases

BLUE

SENSIBILITY INCREASES

RED

## Peripheral Vision

- Legibility in Peripheral Vision:



Movement



Brightness



Patterns

- Sensibility in Peripheral Vision:  
increases as wavelength increases

BLUE

SENSIBILITY DECREASES

RED

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# Choice Overload



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# Listen to your gut!



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Be like Elsa!



## 5 Design Thinking Ideas for Research Administrators

- Assess (Pre Award)
  - Build Your Compass
  - Acceptance
- Implement Your Plan (Post Award)
  - How Many Yous are There?
  - Try It Out (Prototype)
  - Choosing Well

# Remember these 3 things:

Get curious  
Talk to people  
Try stuff



DESIGNING  
YOUR LIFE

**MORE  
MORE  
MORE**

**human  
helpful  
hopeful**

# Consider a Gratitude Practice

- Improve physical health
- Improve sleep
- Improve psychological health
- Increase empathy
- Reduce aggression
- More social connection
- Enhance self esteem
- Improve mental strength

Source: Morin 2014



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“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

- Greg Anderson



# Acknowledgements

- Restore by The Essentialists
- Designing Your Life by Bill Burnett & Dave Evans
- 5 Steps to Designing the Life You Want by Bill Burnett on [YouTube](#)
- Designing the Rest of Your Life by Dave Evans on [YouTube](#)
- The Designing Your Life Workbook by Bill Burnett & Dave Evans
- Liu Y, Croft JB, Wheaton AG, Kanny D, Cunningham TJ, Lu H, et al. Clustering of Five Health-Related Behaviors for Chronic Disease Prevention Among Adults, United States, 2013. Prev Chronic Dis 2016;13:160054. DOI: <http://dx.doi.org/10.5888/pcd13.160054>

# Resources

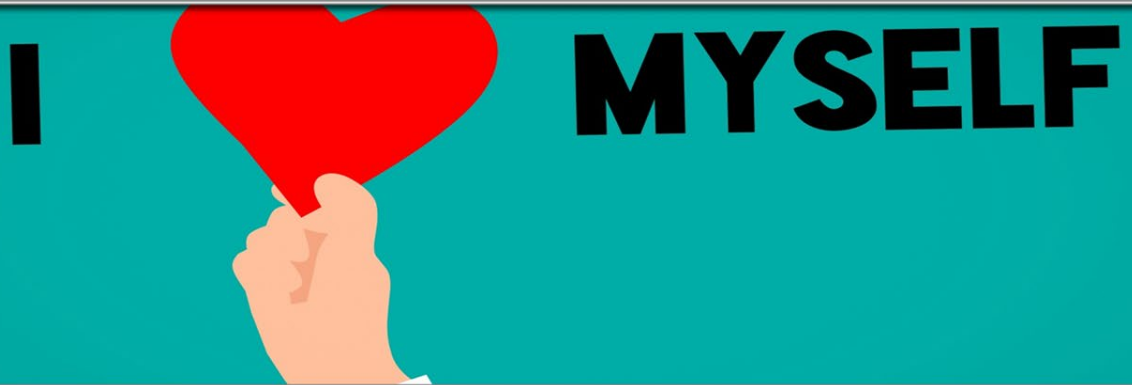
- The Leanness Lifestyle - David Greenwalt
- Atlas of the Heart - Brene Brown
- Outlive - Peter Attia
- Finding Me – Viola Davis
- The Light We Carry – M. Obama
- Atomic Habits – James Clear
- The Happiness Project – G. Rubin
- Girl, Stop Apologizing - Rachael Hollis
- Wintering - Katherine May
- Do One Thing Different – B. O’Hanlon
- The Obstacle is the Way – R. Holiday
- The Subtle Art of Not Giving a F\*ck - Mark Manson

## PODCASTS

- We Can Do Hard Things – Glennon Doyle
- The Science of Happiness
- The Drive – Peter Attia
- Unlocking Us - Brene Brown
- Food Matters
- Unf\*ck Your Brain (Feminist Self Help for Everyone)
- Chasing Life with Sanjay Gupta
- Chris Beat Cancer
- Plantstrong

## Apps I love:

- Calm
- Rock My Run



Thank you! Questions? Comments?

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