

# BE GOOD TO YOURSELF AND THE BOTTOM LINE

Saskatchewan Soil Conservation Association  
Saskatoon, Saskatchewan  
February 15, 2007

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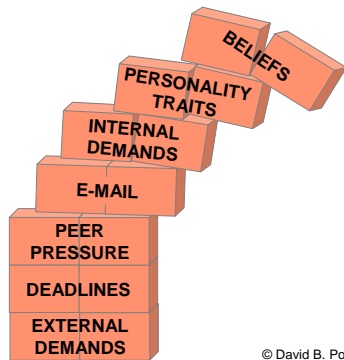
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## WHAT TIPS US OVER?



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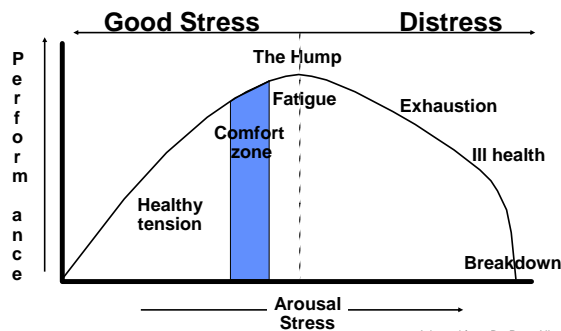
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## The Human Function Curve



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## MAXIMIZING PRODUCTIVITY

- Work Fresh
- Work Smart
- Work Long Hours
- Work Fast
- Work Hard

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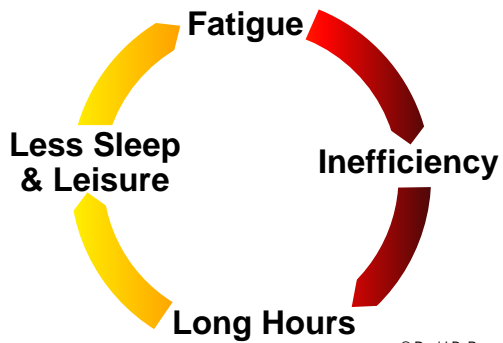
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## The Inefficiency Cycle



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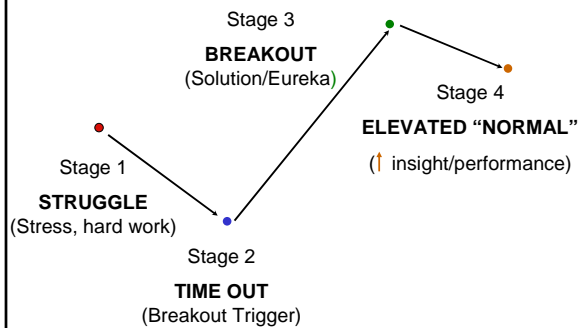
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## The Breakout Principle



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**LEISURE**



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**PERMISSION**

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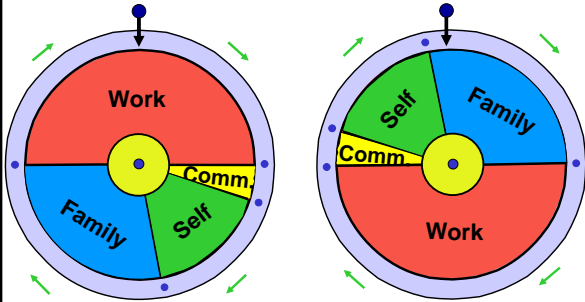
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**Rotate Your Values**



© David B. Posen, M.D.

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**WORK-LIFE BALANCE  
IS NOT A LUXURY**

- Increases Energy
- Improves Productivity
- Increases Resilience
- Reduces Stress
- Prevents Burn-Out
- Improves Relationships
- Enhances Self-Esteem

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## Health Habits

- Nutrition
- Sleep
- Exercise
- Avoid "vices"
  - Caffeine
  - Alcohol
  - Tobacco
  - Drugs




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## SYMPTOMS OF SLEEP DEPRIVATION

1. Fatigue
2. Concentration
3. Memory
4. Irritability
5. Depression
6. Immune Response

**ARE ALSO SYMPTOMS OF STRESS**

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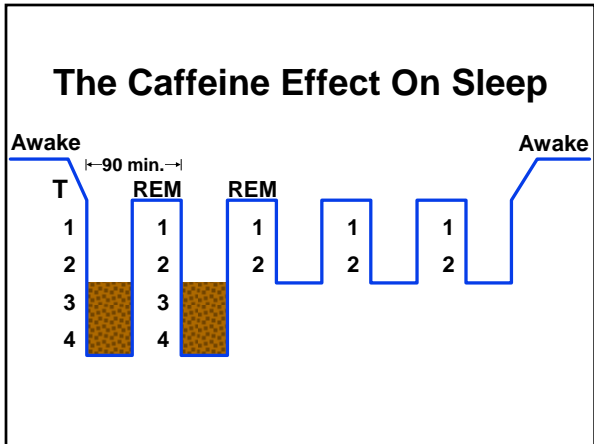
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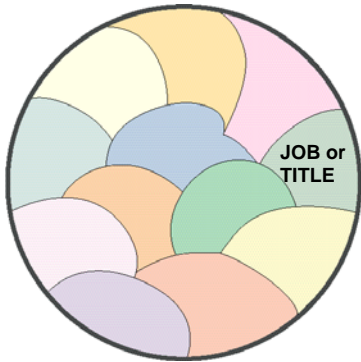
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**YOUR PERSONAL MOSAIC**



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**YOU HAVE MORE CONTROL  
THAN YOU THINK  
NOW YOU HAVE TO USE IT!**

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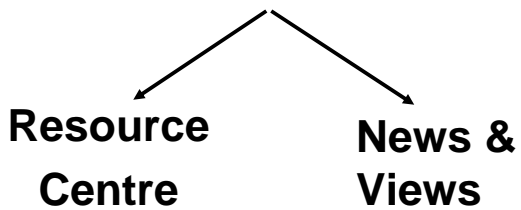
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**[www.davidposen.com](http://www.davidposen.com)**



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