

# Conquering the Myths: Wellbeing IS Essential



Rebecca Rose, RVT  
Certified Career Coach

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Well done!

- Eight of nine modules
- Be sure to print off or refer to the accompanying notes.
- Upon completion of the module, its exercise, and 5-question quiz, you will advance to the next module.
- You are nearing the completion on your courses!

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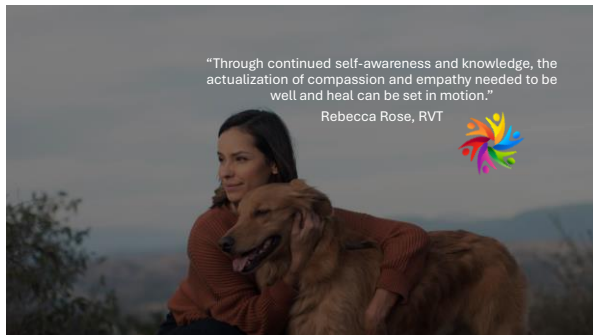
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"Through continued self-awareness and knowledge, the actualization of compassion and empathy needed to be well and heal can be set in motion."

Rebecca Rose, RVT



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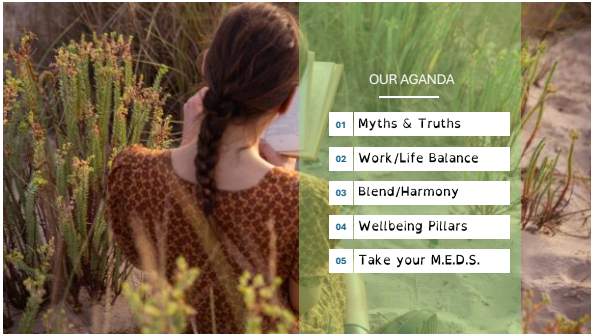
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### QPR Training

Three steps anyone can learn to help a friend, co-worker, or loved one when they are contemplating harming themselves.

1. Question
2. Persuade
3. Refer

Training for all team members. FREE from AVMA  
<https://www.avma.org/resources-tools/wellbeing/qpr-suicide-prevention-training>

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## Debunking Myths

**Who we are. Who we are not.**

**Mental health problems are a sign of weakness**

**Truth - challenges are multifaceted to include predisposition, environmental, and is not a sign of weakness, quite the contrary, those seeking assistance are showing great strength. The three strongest, most impactful words in a person's vocabulary "I need help."**

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## Debunking Myths

Employee Assistant Programs (EAP), ask your employer about the benefits.

Once someone has a mental illness they are doomed forever.

Truth - there are many resources, tools in redirecting habits, and medications, to manage and overcome the challenges associated with mental health.

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## Debunking Myths

### #BreaktheStigma

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Rebecca Rose, RVT



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**Conversations  
in mental  
health &  
wellbeing**

**Normalizing  
Employee Assistant Program  
(EAP)  
Support in the 8 Pillars**

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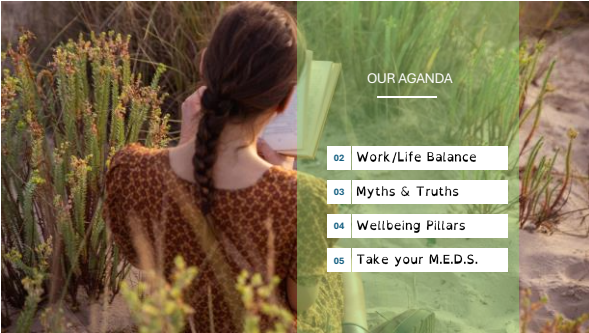
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**OUR AGENDA**

- 02 Work/Life Balance
- 03 Myths & Truths
- 04 Wellbeing Pillars
- 05 Take your M.E.D.S.

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**What do you want in  
your career?**

"I want work/life balance."

What does that mean?

"Hmm, I don't know....."




Photo courtesy of Shutterstock. All rights reserved under 1212121212

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## Work/Life Balance?

What does that conjure up?

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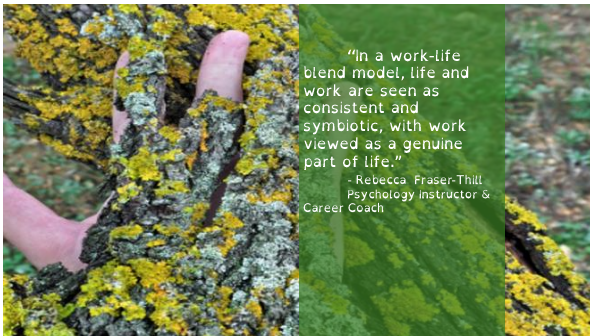
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"In a work-life blend model, life and work are seen as consistent and symbiotic, with work viewed as a genuine part of life."

- Rebecca Fraser-Thill  
Psychology Instructor &  
Career Coach

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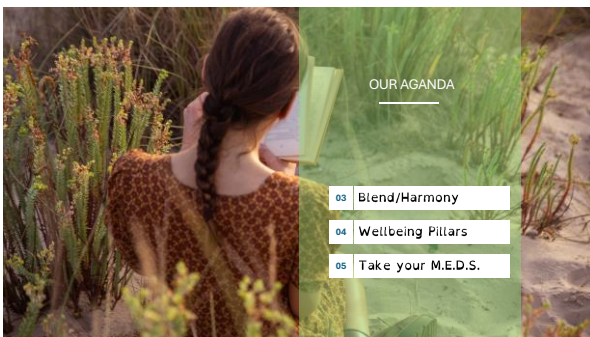
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### OUR AGENDA

- 03 Blend/Harmony
- 04 Wellbeing Pillars
- 05 Take your M.E.D.S.

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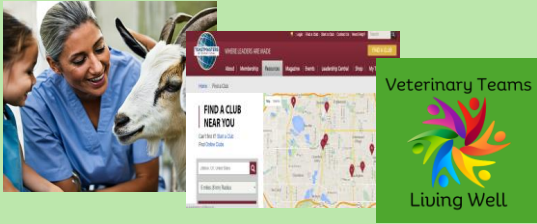
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## Examples of Blending Work and Life as a Veterinary Professional



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## Considerations in Blending?

- 4-H or other organizations
- Volunteering
- VetMed Leadership
- Training/Educating
- Puppy Socialization
- Writing - Blogging
- Community Leadership
- Coaching



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Ditch  
Work/Life  
Balance!

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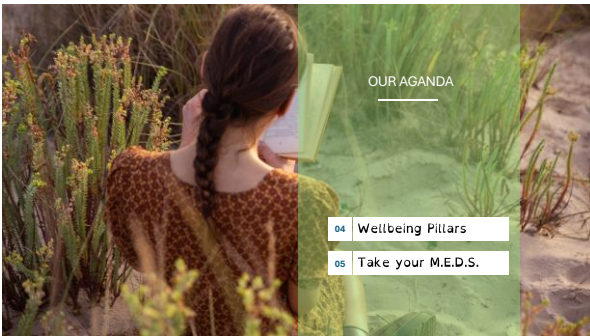
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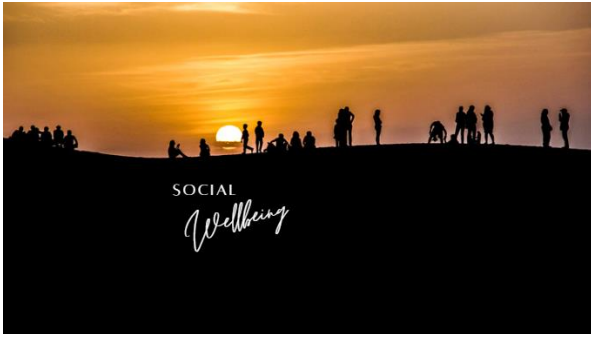
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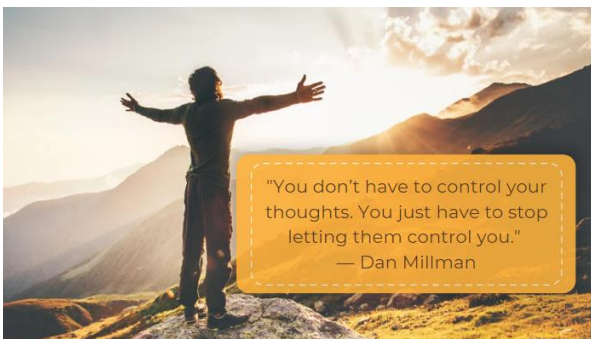
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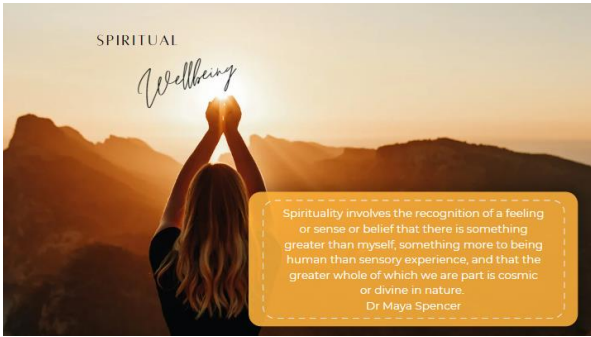
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Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature.  
Dr Maya Spencer

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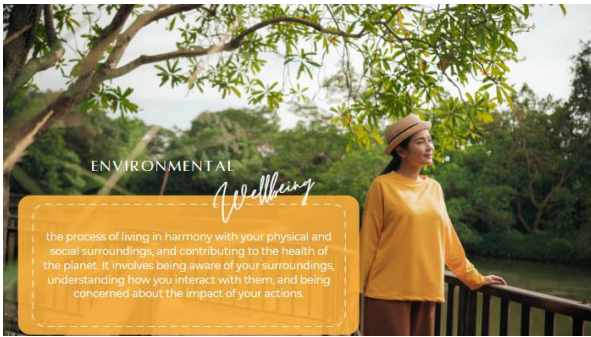
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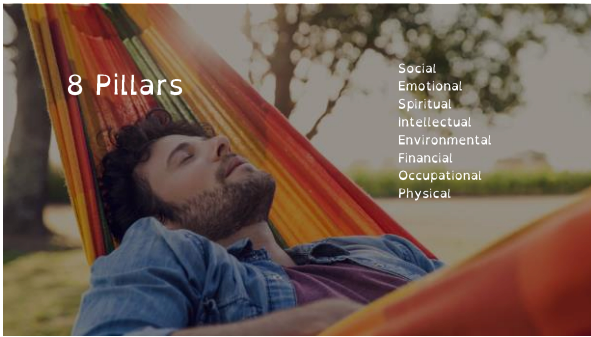
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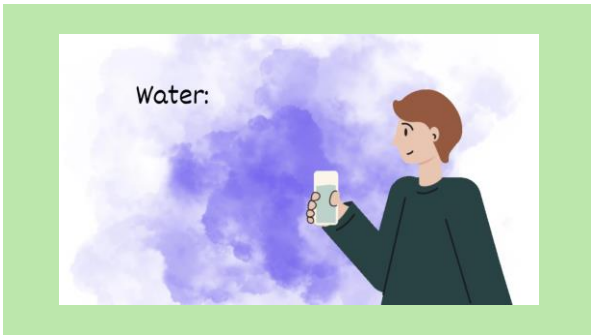
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## Veterinary Practice News

**Veterinary Practice News** News Medical/Clinical Practice Management Continuing Education Products

### How best to measure team well-being

Tracking key performance indicators (KPIs) is well-known as a best business practice in evaluating your hospital's health. After all, you can't manage what you don't measure.


November 5, 2019

By Rebecca Rose, CVT, and Denise Mikita, MS, CVT

Tracking key performance indicators (KPIs) is well-known as a best business practice in evaluating your hospital's health. After all, you can't manage what you don't measure.

The veterinary industry has been tracking the same numbers for years. Examples include:

- revenue;
- new clients;
- doctor productivity;
- average client transaction;
- number of visits.



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## Veterinary Team Case Study

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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## Select measurable wellbeing activities

What do I do for self-care? 2015-03-18

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think not hard)
- Talk to myself
- Cuddle cats
- Walk or bike (see in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people

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## Activities selected

- getting eight hours of sleep
- writing in a positivity journal (also known as gratitude practice)
- 30 minutes of non-work-related movement (a walk with the dog, going to the gym, etc.)
- a five-minute visit to the "rest and recharge" basket, which can be filled with coloring sheets, pencil crayons, decks of cards, bubbles, playdough, meditation ideas, etc.)
- drinking water equivalent to half your body weight in ounces every day

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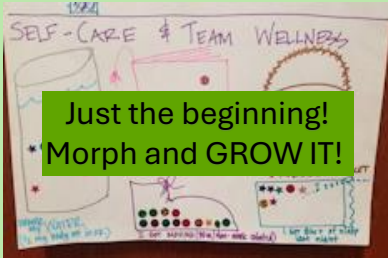
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## Tracked team's involvement



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## Your wellbeing elements to track and improve upon



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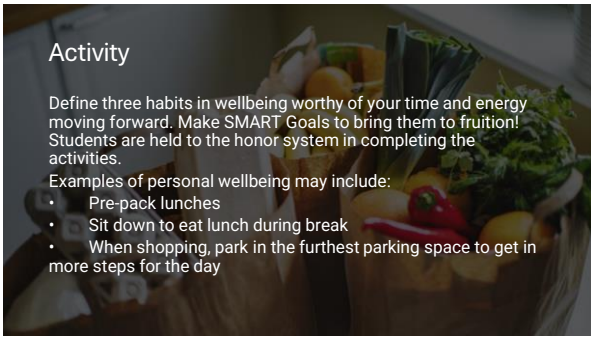
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### Activity

Define three habits in wellbeing worthy of your time and energy moving forward. Make SMART Goals to bring them to fruition! Students are held to the honor system in completing the activities.

Examples of personal wellbeing may include:

- Pre-pack lunches
- Sit down to eat lunch during break
- When shopping, park in the furthest parking space to get in more steps for the day



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### Final tips & takeaways

Ditch	Ditch Work/Life Balance
Consider	Consider Blend/Harmony/Integration
Normalize	Normalize Mental Health Awareness
Define	Define Wellbeing for your life and career

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### Great job!



- Completed the eighth of nine modules
- Thank you for taking the time to determine what wellbeing looks like to you and setting in motion habits in self-care.
- Upon completion of the module, its exercise, and 5-question quiz, you will advance to the next module.

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Thank you!  
Rebecca Rose, RVT



[RebeccaRoseRVT@gmail.com](mailto:RebeccaRoseRVT@gmail.com)  
Veterinary Teams Living Well



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