

July 22, 2020

## Stopping the See-Saw

### Achieving balance in your anything but normal life

Welcome to the inaugural blog post for the MPI Michigan chapter! We thought in this time of ever changing rules, regulations and restrictions in the meeting planning industry, we'd like to share our thoughts on bringing some sanity back into your life.

For our first post, we wanted to give you some ideas on how to manage stress and balance life, partially due to the uncertainty and instability of the hospitality industry because of COVID-19, but also because we know as meeting planners, you tend to give 150% to everything you do; and often times that takes a toll on your health and well-being. Prevue Meetings & Incentives came out with a white paper that offers strategies on how to better manage stress, so learn more below or [click here](#) to read the entire article.

#### TOP 10 ENVIRONMENTAL STRESSORS

- 1 Death of a family member
- 2 Separation or divorce
- 3 Childhood trauma
- 4 Financial crisis
- 5 Threat to job security
- 6 Health crisis or physical injury
- 7 Dysfunctional relationships
- 8 Chronically ill offspring
- 9 Pregnancy
- 10 Pressures associated with holidays

On any given day, we each face one or more of these stressors. Since we can't stop them, we need to come up with ways to cope with them.

#### Get Quality Sleep

Humans sleep in cycles of roughly 90 minutes. That means optimal sleep time is 1.5 hours, 3 hours, 4.5 hours, 6 hours, 7.5 hours, etc. Sometimes it's better to sleep less, if you can stay within that 90 minute cycle, than try to "oversleep"

and make that time up. Also, it can be more beneficial for you to take a power nap of 20 minutes to re-charge, instead of something longer like two hours.

## Meditation & Mindfulness

Just a few minutes of mindfulness and meditation a day can bring your stress levels down quickly. There are tons of apps, paid and free, available for download on your phone, in addition to podcasts and websites, so you can chill out any place, any time.

## Diet & Exercise

Sure, working 18 hours a day onsite usually means you stand in a corner and shovel some food in your mouth at all odd hours of the day, but it's not the best for your body. If you know you're not going to be eating well while working, try to eat better when you're at home. Lots of protein and vegetables can keep your energy up for hours. And exercise a few times a week, for as little as 30 minutes at a time, increase blood flow, endorphins and makes you feel better too.

As a meeting planner, finding a work/life balance is critical not only to your health, but to ensure you're leading by example for your colleagues and program stakeholders. Taking care of your mind, body and soul will pay off professionally and in your personal life, too.

## Your MPI MI Chapter