



YOUR THREE OVERLAPPING WORK DAYS

By Jenny Evans, PowerHouse Performance Coaching

Did you know that on a typical day you're most likely squeezing in three days worth of work?

You have your scheduled work time consisting of meetings, servicing clients and customers, managing communications, and connecting with colleagues scattered around the globe. **Your second workday** consists of the one before, after and in-between. You get up early to get a jump on emails, you stay late to get work done you didn't have time to do between all your meetings, and you multitask during the day in an attempt to be as productive as possible. **Your third workday** begins when you leave the office. You have to pick up food for dinner on the way home, get the kids to practice, run a load of laundry and make sure the house hasn't fallen apart. After everyone goes to bed you see the opportunity to get on your computer to get more work done. No wonder you're completely stressed and exhausted by the end of the day.

The economy is still uncertain and you may be doing the jobs of 2-3 people who were let go and never replaced. You may be leading a large team or organization. Your colleagues may be located around the world and you still need to be on conference calls. Shareholder expectations are high. Your retirement accounts are growing smaller instead of larger.

Stress doesn't just affect you mentally and emotionally. It is a physiological, chemical, hormonal event that kicks off a cascade of physical events that can lead to diminished performance, poor energy, weight gain, insomnia, and higher incidences of becoming sick. But it doesn't have to be that way. There is a way to make yourself more resilient to stress. **You can train** to recover from stress more quickly and more efficiently, as well as increase your threshold for stress.

MAKE ALL 3 OF YOUR WORKDAYS WORK FOR YOU WITH RESILIENCY³ TRAINING

The pressure to perform in the workplace will never let up. You have got to remain focused, productive and sane despite the many demands you have in your work life and home life. Instead of getting burned-out, beat down and exhausted, train to bounce back as quickly as you can.

A simple way of understanding how you need to train is to focus on the three M's of RESILIENCY³:

Mouth
Muscle
Mind

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Mouth: Are you inadvertently eating foods that place additional stress on the body? Are you going long periods of time without eating? Do you ever over eat? Do you rely on caffeine, alcohol or nicotine to manage stress? *THERE IS A WAY OF EATING THAT MINIMIZES STRESS ON THE BODY.*

Muscle: Does your job require you to sit for extended periods of time? Do you find the time to exercise on a regular basis? Are you exercising in the most efficient and effective means possible? *THERE IS A WAY OF EXERCISING THAT TRANSLATES INTO BOUNCING BACK FROM STRESS MORE QUICKLY AND RAISING YOUR THRESHOLD FOR STRESS.*

Mind: Do you ever get hijacked by the stress response? Do you multitask? Can you remain positive in the midst of high levels of stress? Are you able to remain focused on your goals? *THERE ARE MENTAL TECHNIQUES FOR SUCCESSFULLY DEALING WITH THE STRESS RESPONSE.*

Your three overlapping work days. Everything you do in those three days' worth of work is critical. Are you training to become more resilient each day?

To have Jenny Evans come and speak to your group or organization on stress, productivity, performance and health, contact her at:

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ABOUT JENNY

Jenny Evans, B.S., C.P.T., C.F.T., is a performance coach, TV correspondent and esteemed expert on resiliency, stress, performance, exercise physiology, nutrition and health. She is known for her passion and straightforward approach to improving personal & professional success. Her dynamic presentations inspire, entertain and educate Fortune 500 audiences worldwide to increase their capacity for stress and to discover how to recover from stress more quickly and effectively. She works with thousands of C-suite executives, leaders and employees within organizations to educate them on the value of becoming more resilient. Clients improve their performance and productivity all while enhancing their health.

Jenny's client list includes Yale School of Management, AT&T, Target, Citi Smith Barney, Estée Lauder Companies and Proctor & Gamble, and has been featured on National Public Radio, Shape, Elle, Women's Health, Redbook, Woman's World, and Lifehacker. She serves on the Board of Directors for the National Exercise Trainers Association and has been an A.C.E. Certified Personal Trainer and Group Fitness Instructor for over 15 years.