## Worklife Indicator Strategies

Here are suggestions for addressing areas that are not currently strong.

## Workload

- Plan and prioritize your workload.
- Delegate tasks and say "no."
- Let go of perfectionism.
- Request information about how decisions are made.
- Express that you would like to be more involved in decision-making.
- Speak up about perceived injustices or preferential treatment.
  - Request credit when appropriate.

- Establish clear boundaries.
- Request access to resources.
- Avoid responding to work messages at home.
- Determine what you would need in order to be adequately compensated.
   Communicate
- those expectations.
- Ask colleagues about themselves and actively listen.
- Communicate issues respectfully.
- Express appreciation.

## Community

Adapted from Areas of Worklife model (drawn from research by Christina Maslach and Michael P. Leiter of the University of California at Berkeley and Acadia University)



SCHOOL CARE TEAM

proactive strategies for well-being