

A golden globe on a pedestal is the central focus, set against a brick wall and a tiled floor. The floor features a large, circular seal of the University of Florida, which includes the text 'FLORIDA' and 'UNIVERSITY'. The scene is lit with a warm, golden light, creating a reflective and textured appearance.

Achieving Life Balance

May 8, 2017

Achieving Life Balance presented by:

- CAPS counselor, Monica Lackups-Fuentes;
Doctoral Intern, Brittany Lee
- EAP representative, Lindsey Novinich

The topics include:

- Brush up on Stress Management and Resiliency Skills
- Improving the ability to recognize and identify personal stress symptoms
- Understanding how thoughts and actions contribute to the stress response
- Managing stress more effectively through improved evaluation and self-care

Sandwich Generation Concerns

- Feeling torn at both ends? Caring for your children and your aging parents at the same time? Tired? Stressed? More and more of us find ourselves caring for our parents or elderly loved ones.
- Find resources for care in the home and community
- Communicate with other family members

Resources *for* Living[®]

Achieving Life Balance



Are You Feeling the Squeeze?

Finding balance becomes easier with:

- child care and parenting resources
- elder care assistance
- alternative work options
- financial assistance
- resources for self-care



Caring for Aging Parents

Locating elder care

- In-home
- Back-up
- Assisted Living/Nursing Home
- Hospice

Legal needs

- Estate planning
- Power of attorney
- Healthcare surrogate

75% of older adults say they'd like to stay in their own homes for the rest of their lives.¹

