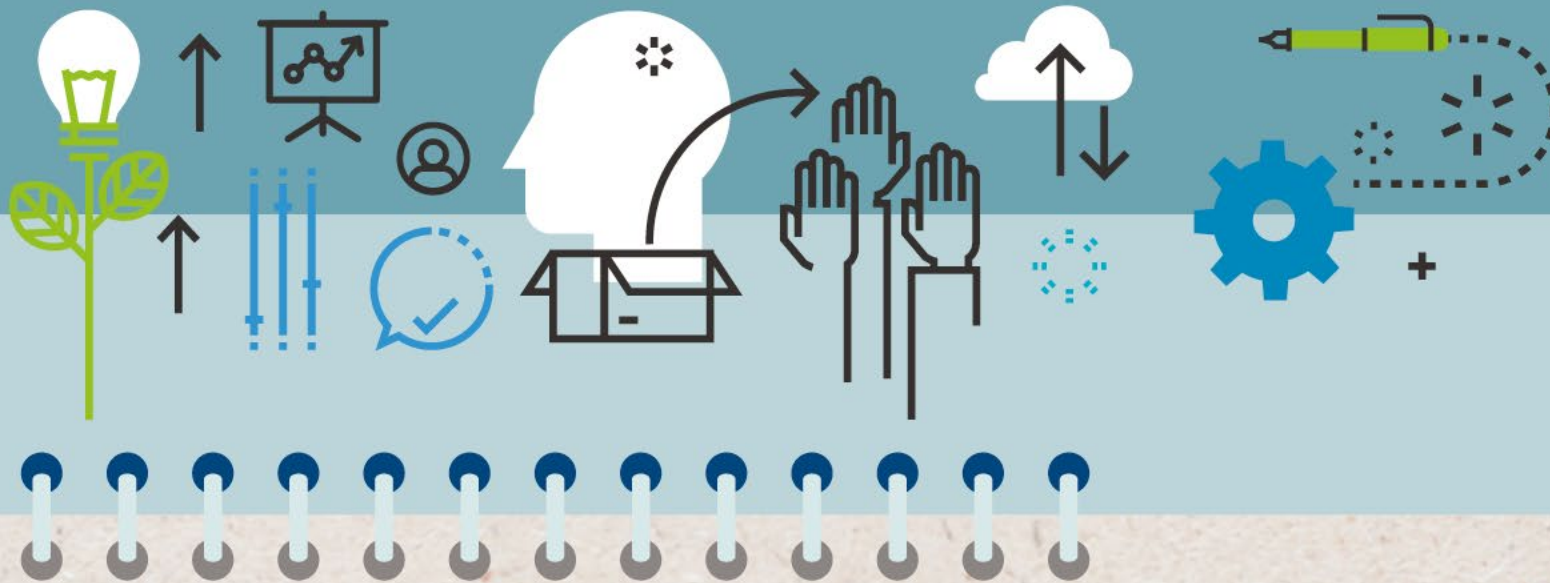


5 Buckets Principle™

The Science of Work-Life Balance

cca 
@YourService



October 29, 2025

Presenter: Michelle Cooper

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CCA@YourService: How We Support Employees & Family Members

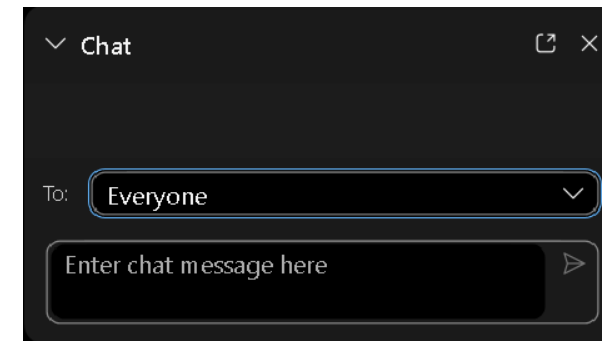
CHILD CARE	ADULT AND ELDER CARE	DAILY LIVING	LEGAL AND FINANCIAL	EMOTIONAL WELL-BEING
Locating Child Care	Aging	Home Improvement	Identity Theft	Stress, Anxiety, Depression
Parenting/Child Development	Housing Options	Pet Care	Wills and Estate Planning	Life Transitions
Pre/post-Natal Health	Caregiver Support	Health/Fitness	Divorce and Custody	Relationship and Family Concerns
Adoption	Medicare and Medicaid	Moving and Relocation	Bankruptcy	Grief and Trauma
Education	Community Resources	Event Planning	Budgeting and Debt/Credit Management	Addiction and Recovery
Work/Family Balance	Adults with Disabilities	Travel/Leisure	Saving for the Future	Workplace Issues
		Disaster Recovery		

Housekeeping Tips for a Successful Session

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- Questions or comments for the group? Use chat and select “Everyone”



- Raise Hand
- Reaction
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Learning Points

Participants will:

- Consider the impacts of and influences on our work-life balance
- Explore the Five Buckets Principle of work-life balance
- Discuss the elements necessary to fill the five buckets
- Determine action steps to improve your work-life balance



Work-Life Balance

Pre-pandemic, we were already being stretched thin.

- We regularly worked “overtime”, including nights and weekends
 - 26% of our work was being done outside of our regular hours
- We spent about 43% of our day on our primary job duties
- We averaged just under three hours of productive time per workday
- 28% of US workers reported feeling burned out at work ‘very often’ or ‘always’

Work-Life Balance (Continued)

Post pandemic, our work-life balance has been tested and re-defined.

- We are doing our work differently and have been dealing with clients, patients, customers, and coworkers who were more stressed because of the uncertainty that we were all dealing with
- Some of us worked in our existing jobs, in our usual location, but with very different operating rules and procedures
- Others worked from home while also caring for kids, pets, and handling interruptions. The lines between work and home became even more blurred
- Still others lost their jobs during the pandemic
- However, the majority of people surveyed said they would like to the option to work from home/remotely at least some of the time going forward
- 54% of people surveyed said that their mental health increased in importance in 2020
- According to a Gallup poll, one of the best things that companies and employees can do is to prioritize 'wellbeing' which includes: Career, social, financial, community, and physical health

Five Buckets



Family and Friends

Family

- Quality time vs. quantity time
- When to listen and when not to listen
- Set boundaries
- It is ok to say “no” to family

Friends

- People who are happy for you during the good times but will coach you through the bad times
- Be selective



Work

- **Remember:** Remember you are “at work” more than anywhere else in life
- **Reframe:** Reframe your attitude
- **List:** Make a list of everything you like about your work
- **"D.I.G.":** Make a “Darn, I'm Good” file
- **Growing:** Continue growing and learning
- **Manage:** Manage interruptions and time wasters
- **Work:** Work harder than you ever thought you could



Community and Giving Back

- Outreach
- Volunteering
- Making connections
- The beauty of giving, caring and mattering
- Teaching your family members to get involved
- The world we live in really is small – even more important to care



Financial

- Goal setting
- Nickel and dime spending
- Retirement planning
- Start now
- Meat vs. gravy
- Be prepared for the unexpected
- Debt management
- Family values
- Inherited spending habits



Health

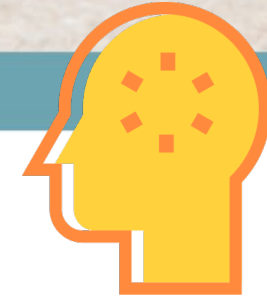
- Taking care of you
- Exercise
- Preventative screenings
- Health journal
- Nutrition
- Sleep
- Stress management



Invest in Yourself

- The “oxygen mask” theory – all starts with you
- Your “D.H.A.” – Dreams Hopes Aspirations
- Get excited
- Go into your “discomfort” zone
- Motivation, willpower, and determination





Happiness and Humor

- This is about enjoying life
- Embrace change and fear
- Laugh, laugh, laugh – learn about humor therapy
- Ethics and honesty
- Appreciation
- Tragedies
- Moving onward and upward
- Example: lottery winners one year later - many say they are less happy
- Creativity
- Mindful living
- Giving
- Character: Who you are when no one is looking
- Never give up
- Don't dwell on the past

“Three Rules of Life ...”

1. Your time is limited, so don't waste it living someone else's life.
2. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice.
3. Have the courage to follow your heart and intuition – they somehow already know what you truly want to become. -Steve Jobs

Exercise

Take a slow, deep breath in through your nose lasting 5 seconds.

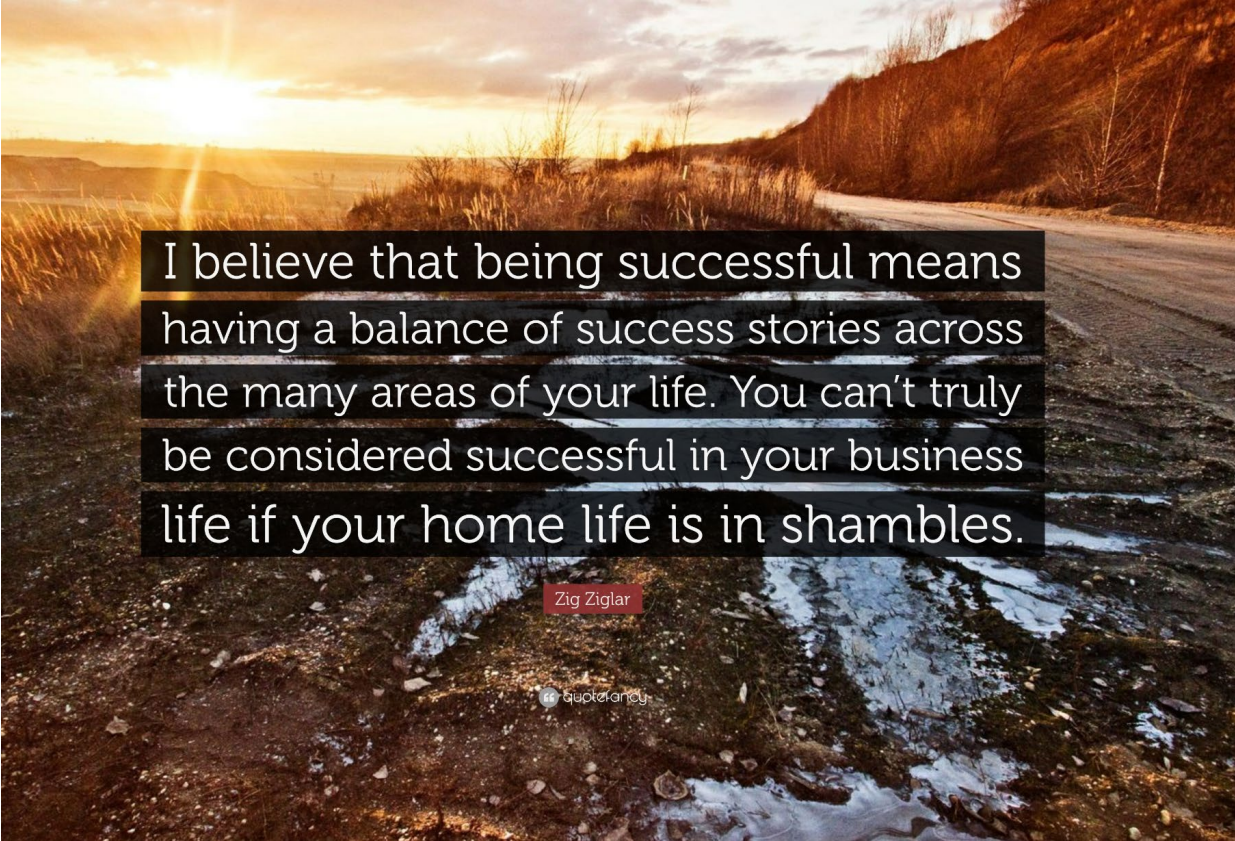
Hold for a few seconds.

Breath out slowly through your mouth.

Repeat 10 times.



What is Success?



I believe that being successful means having a balance of success stories across the many areas of your life. You can't truly be considered successful in your business life if your home life is in shambles.

Zig Ziglar

quotation

What Three Action Steps Will You Commit to Working on?

1. _____

2. _____

3. _____

—

Seminar Evaluation Survey

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Thank you!

Thank you!

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