



# Junior Officer Advisory Group

## Readiness & Deployment Committee

### Behavioral Health Team

# Practicing Wellness

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## Boundaries, Balance, and Self-Care

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As we enter what can feel like the juggling act season of COERs, promotion packets, wrapping up the fiscal year, maintaining readiness, engaging in collateral duties, and managing our lives outside of work, how do we keep all the balls in the air? Or do we even need to have all of the balls in the air?

Boundaries are guidelines and expectations that we set in all relationships. Boundaries assist both parties in understanding how to behave, what things are unacceptable, and what will not be tolerated. Things run more smoothly when expectations are clear, and others feel respected when you communicate your needs. Boundaries lead to feeling balanced, which creates a happier and healthier you.

As we enter this demanding season, consider these self-paced strategies to create boundaries, balance, and self-care.

- **Everything cannot be a priority, so what is YOUR focus?** Create a list and prioritize family, career, promotion, hobbies, travel, and self-care. After completing the list, hold yourself accountable for ensuring that your daily actions align with your priority list.
- **How do your short-term actions align with the long-term benefits?** Begin with the end in mind. Create a list of your short- and long-term goals, i.e., 1-year, 5-year, and 10-year plans. Your daily actions should be helping, and not hindering, your pursuit of these goals.
- **Pace yourself.** As a junior officer, understand that you will need to pace yourself. Allow yourself time to learn and excel in your job, and then engage in collateral duties that align with your purpose and passion. Your PHS career is a marathon and not a sprint. For instance, engaging in two things and giving it 100% will have a more significant impact than engaging in five things and not being able to give 100% to each.
- **Purpose and passion.** Listen to all advice from your mentors and colleagues, and then decide what information will benefit you. Lead with your purpose and passion so that collateral duties feel organic and enjoyable. This will naturally align with your personal and professional short- and long-term goals.
- **Change is constant.** Change is uncomfortable but necessary for growth. Embrace the changes and focus on where you can control or influence the outcome.
- **Mentoring must be a priority.** Isolation, negativity, and resistance can drain you mentally. Get connected with a mentor through your Professional Advisory Committee or Professional Advisory Group to provide support, guidance, and feedback as you create a blueprint for your career.