# Less IS More: Simplifying Your Life

Taught by Harris Health System Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better**.**

Premium Points - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.
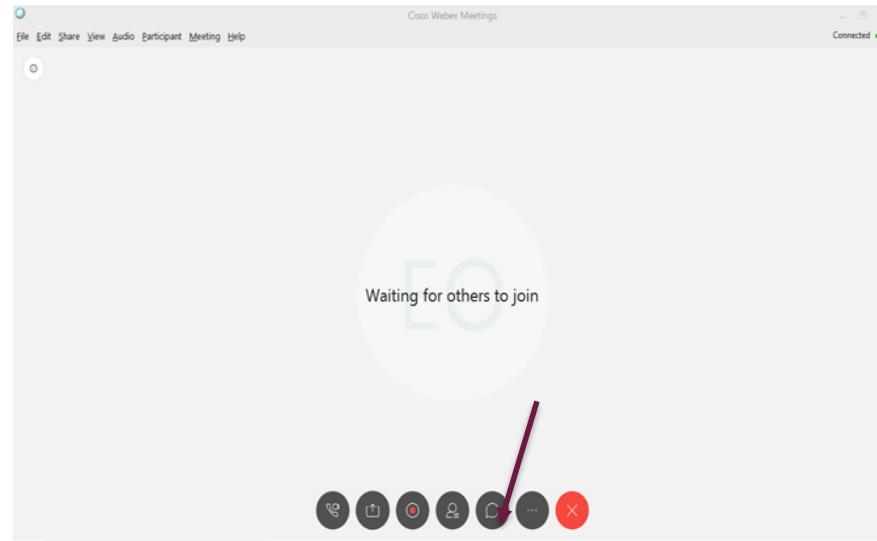
Your thoughts? Do you agree or disagree with this quote?
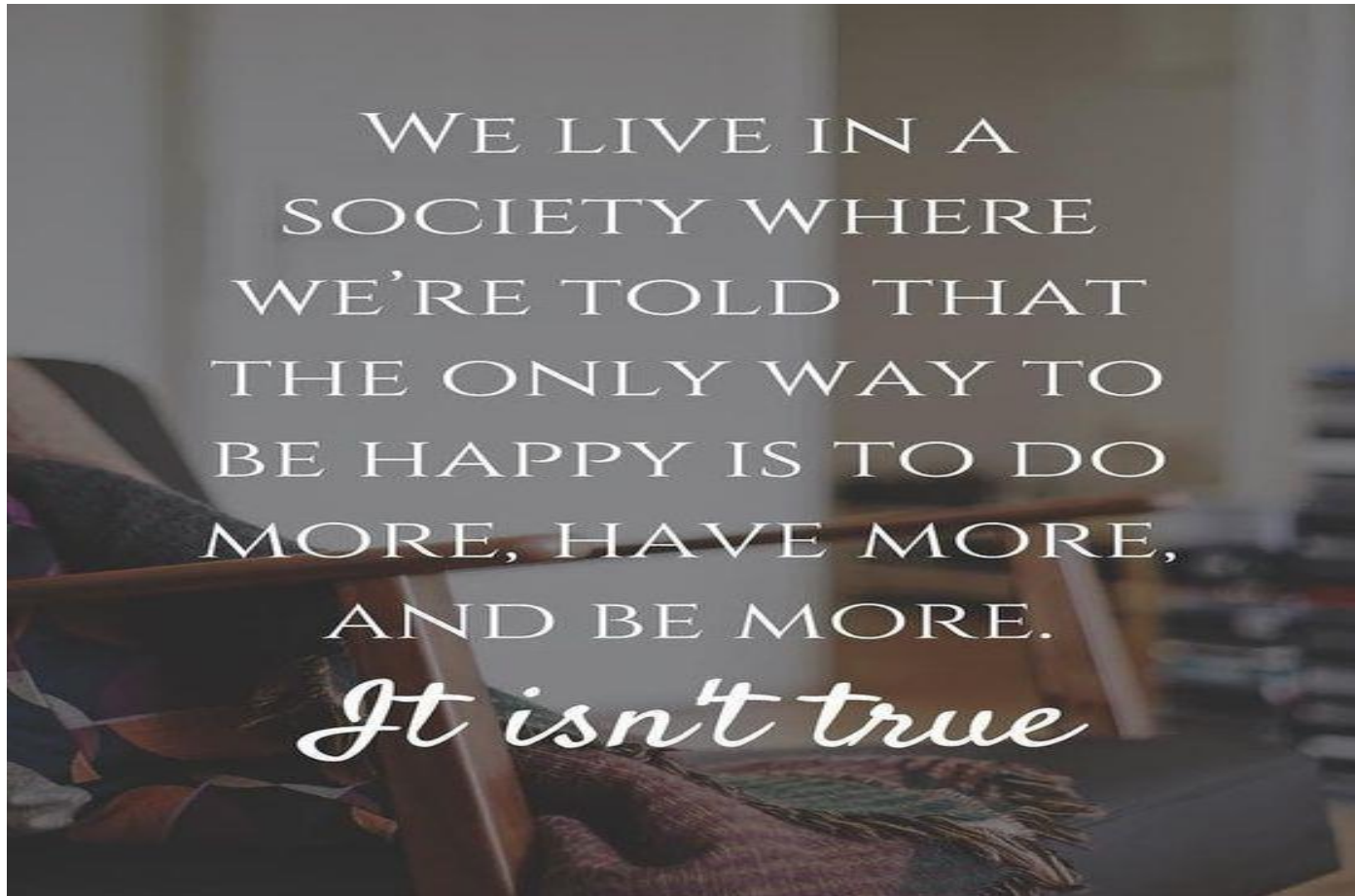
Learning Objectives

- Learn why we get caught in the trap of "too much"

- Understand how less can be more

- Explore the personal benefits that can result from simplifying

- Discuss tips to get started and stick with simplifying

Q: Where do you feel most overloaded?

A. Too much to do

B. Too much stuff

C. Too much spending

D. Too much media

The Trap of "Too Much"

Acquiring things:

- We live in a culture of consumption

- Things and activities can be symbols of status and self-worth

- Keeping up with "the Joneses"

- Driven by assumptions about expectations of others

- Reinforces by advertising and amount of choice

The Trap of "Too Much"

Keeping things:

- Sentimental or emotional value

- It was valuable once

- "I might need it someday!"
  (or you hope you might)

- No longer see all that we have

- Extreme behaviors may require professional help

How is Less More?

- Understand it isn't necessarily about being frugal

- Become aware that "too much" comes at a cost

- Remember that your less/more will be unique to you

- Weigh cost vs value to "right-size" what you have and do

"Simplicity is making the journey of this life with just baggage enough.
– Charles Dudley Warner

What Can You Gain?

Time | Money

Energy | Space
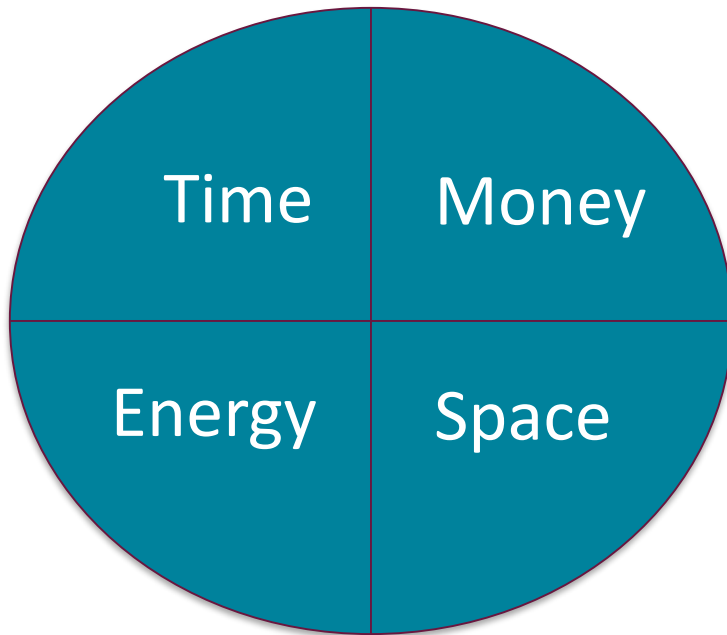
BONUSES

- Reduce stress and health impact

- Personal finance check-up

- Reduce environmental impact

- Life lessons for children

Enhance your quality of life by freeing up life's finite resources to use for what matters to you.

Taking the First Step

What Matters?

- Think about your best times

- Remember your passion and what gives purpose to your life

- Identify what is most valuable

Simplifying Methods

Eliminate

Possibilities

- Time-delay
- Honor value
- Enrich Others

- Edit

- Efficiency

- Enlist Aid

- Evaluate

Q: Which method would you try first to tackle your "too much"?

A. Eliminate

B. Edit

C. Efficiency

D. Enlist Aid

E. Evaluate

Fewer…

Obligations

- Think of time as you think of money
- Learn to say no without excuse
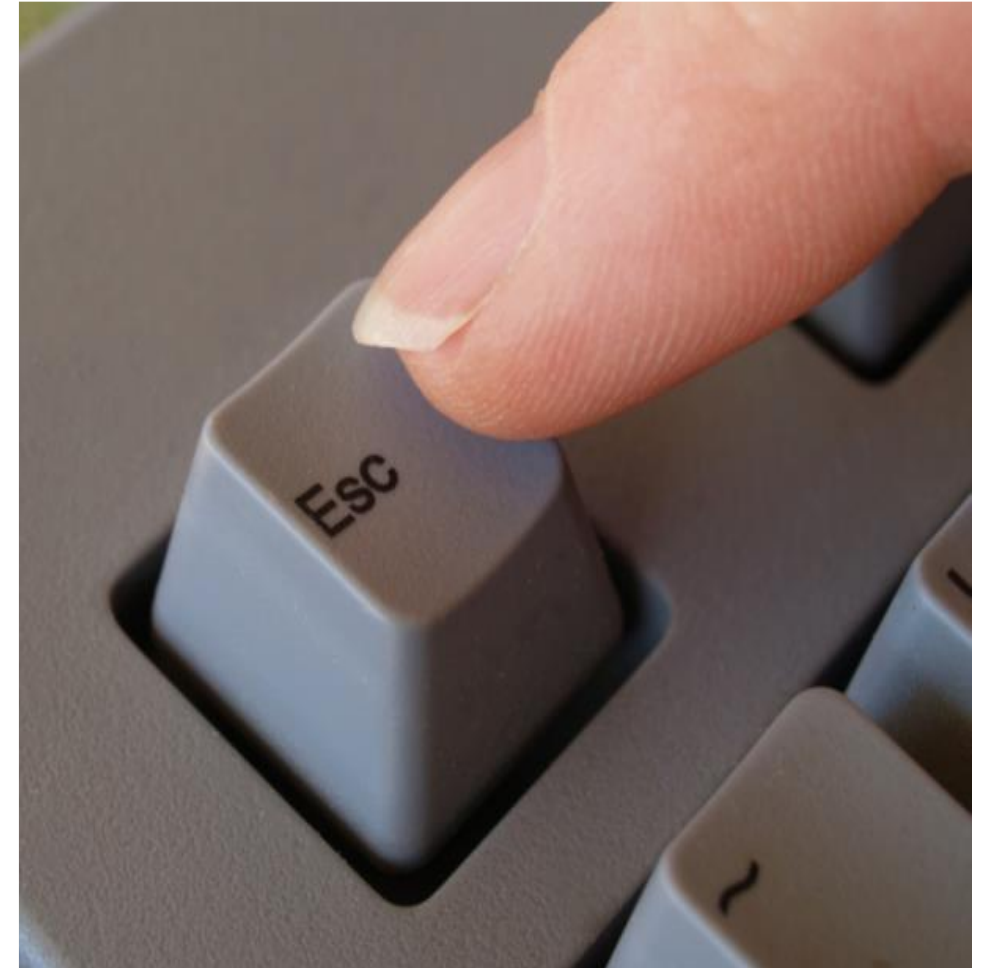- Practice delegating
- Automate when possible

MORE…time for what matters

Less…

Media

- Clear up the virtual clutter
- OHIO – Only Handle It Once
- Unsubscribe, unfriend, unfollow
- Wean from constant connection

MORE…real life

Less…

Spending
- How much is your enough?
- Ask if it's worth what it takes to earn it
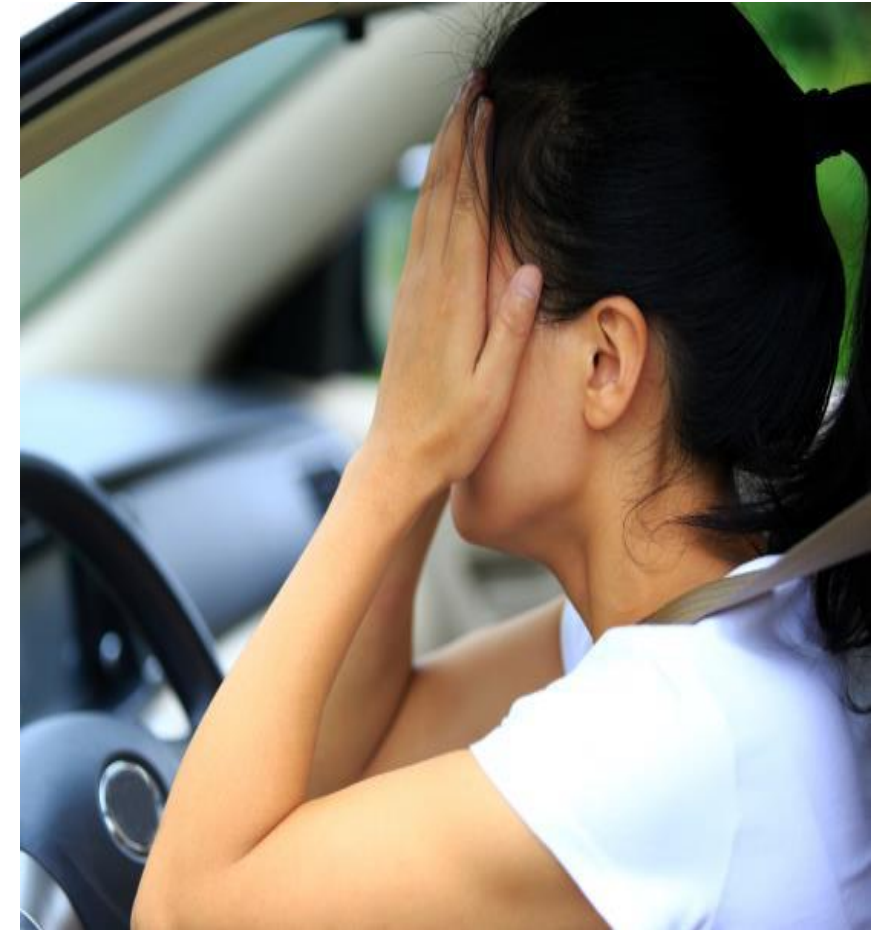- Clean up stealth money drainers
- Use systems to stay on track

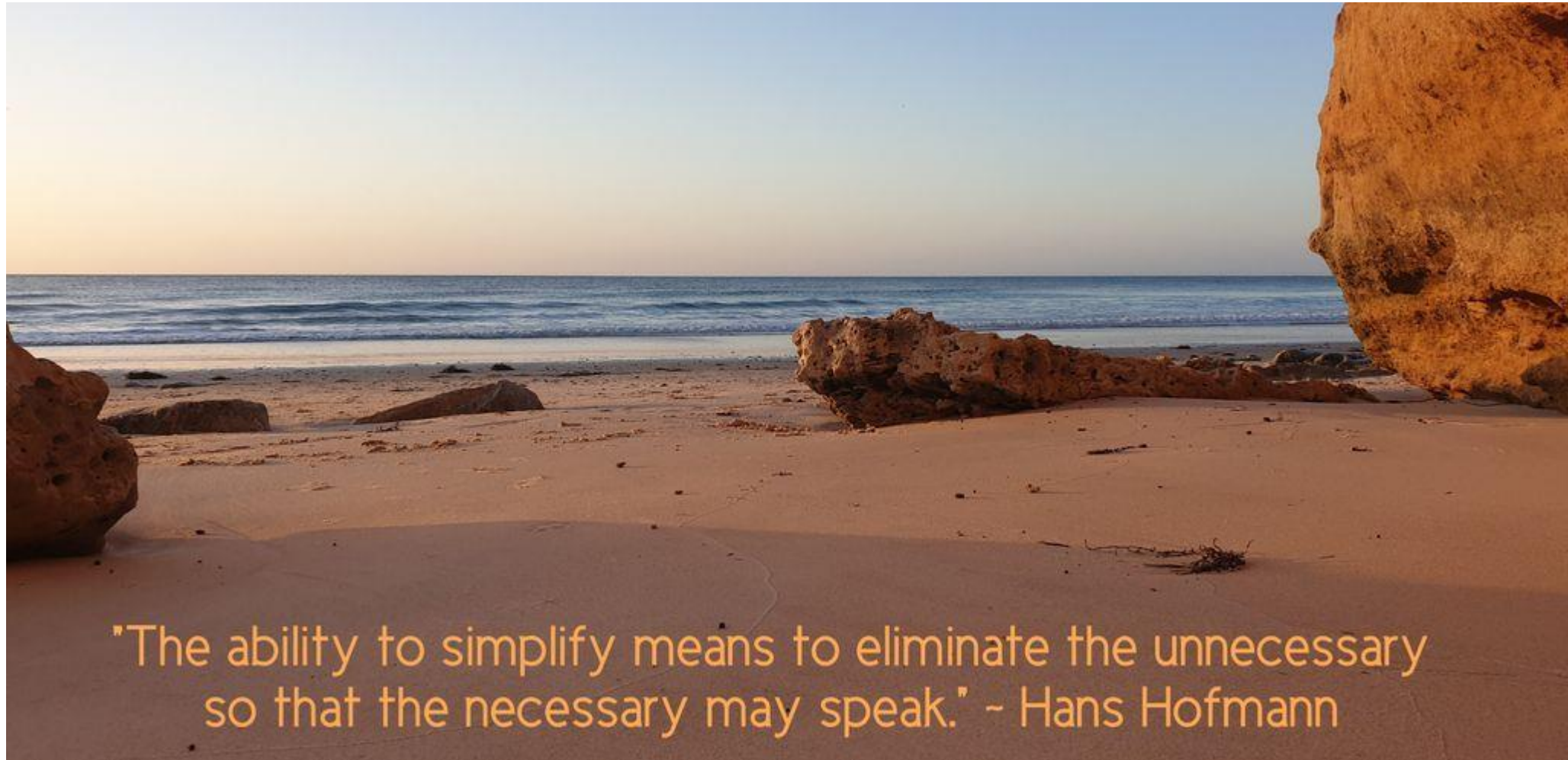

MORE…money for what matters to you

Less...

Stress
- Single task vs. multi-task
- Focus on the present
- Make your to-do list realistic
- Bookend your day with rituals

MORE...serenity

Stay On Course

- Use mental reminders

- Get family members on board

- Celebrate what you accomplish

- Strive for sustainability

"The ability to simplify means to eliminate the unnecessary so that the necessary may speak." ~ Hans Hofmann

Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
  - Online: www.feieap.com,
  - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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