

PINKCORNROWS

# balanced brilliance

Achieving Personal Wellness at Work



# Brilliant Disclaimer



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# The Flow



## REFLECTION

Hearing ourselves and each other--and seeing ourselves in each other



## EXPLORING WELLNESS ZONES

Five unique spaces to help center and sustain our brilliance



## CREATING WELLNESS CYCLES

Mapping activity to deepen intention and awareness over the next two weeks







- 1 | I AM BRILLIANT, BUT SOMETIMES I DON'T  
FEEL I AM ENOUGH
- 2 | MY RELATIONSHIP WITH TIME, CAPACITY  
AND OUTPUT HAS CHANGED
- 3 | THE MORE I PUSHED MYSELF, THE LONGER  
IT TOOK TO RECOVER
- 4 | "WELLNESS" FELT HARD TO ACHIEVE AND  
SUSTAIN AND I FELT GUILTY FOR NOT  
STICKING TO THE GOALS I SET FOR MYSELF





# Top Wellness Challenges

1

## **TIME CONSTRAINTS**

Busy schedules often leave little room for self-care activities.

2

## **COMPETING PRIORITIES**

Work, family and other responsibilities overshadow personal

3

## **INCONSISTENCY**

Maintaining habits long-term can be difficult and not achieving it feels like a fail.

4

## **LACK OF SUPPORT**

Without a supportive network, maintaining wellness efforts can be

5

## **UNHEALTHY ENVIRONMENTS**

Ongoing or chronic normalized harmful work realities impacting

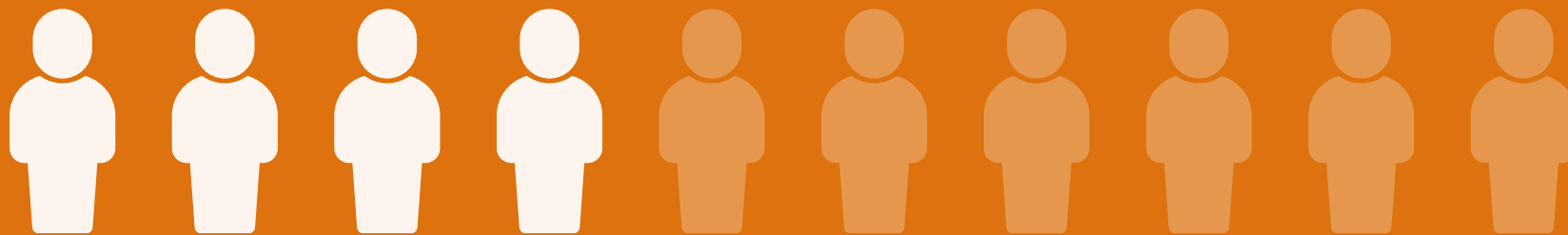


# 90%



U.S. adults believing that the country is facing a mental health crisis

# 40%



U.S. adults reported symptoms consistent with anxiety and depression at height of pandemic



# Reframing Wellness

**"Balance is the dance between extremes."** Dan Koe, "The Art of Focus"

## PERMISSION TO THINK & BE DIFFERENT. BECAUSE I AM DIFFERENT.

- Mourning the person I was and not avoiding what I missed about me
- Thanking my body and mind for getting me this far
- Accepting that I am brilliant enough to evolve, be agile and be flexible

## PERMISSION TO PRODUCE DIFFERENT

- Not seeing wellness as a "to do" list, or an achievement, but as a design with cycles, options and phases
- Using tools to increase efficiency so that my wellness can be about ME, not about my work

## PERMISSION TO RELEASE WHAT I CAN'T CONTROL AND INFLUENCE MY ZONES

- Be aware of the world around you (which you may not be able to control), and zoom in on the zones I can impact



“Once you introduce a new thread into the fabric of your reality, it is all different. It has all changed. Instead of thinking you have to reinvent yourself all at once, shift one, tiny aspect of your existence, and watch as the simple act of that victory beomes a wave of transformation that will pierce through your life as a whole,”

BRIANNA WIEST, "THE PIVOT YEAR"







## 5 ZONES OF THE "BRILLIANCE WELL"

Wellness zones are about consciously directing our brilliance to center our selves. It does not make an assumption of "good" or "bad" health or well-being, nor does it prioritize a standard as the goal. It also does not excuse or ignore environments that make it difficult to achieve safety. The goals are to increase engagement with your Brilliant Well through cyclical practices, build trust between you--the designer--and your life, and own your ability to imagine different versions of yourself, heal yourself and seek the support you need to be even more well.

## ● ZERO WORK

Zero Zones remind us of the space around work, titles and duties. The goal of this zone is to practice creating moments outside of the work day by layering activities.

- Before Work
- Midday
- Before Last Meal

## ● ZERO ZONE HACKS

- No emails, text messages or social media
- Length of time can be as short as 15mins to as long as you need
- Tell yourself what step you need to do next (i.e. I need to stretch; I need oatmeal; I need water; etc.)
- Starter activities: stretching, devotionals, journaling, body-scanning (what hurts and where; what feels better), eating slow

## ● WHAT MAKES A GOOD ZERO ZONE

1. Focus on a few movements--even when working out
2. Notice if you are a routine person or a free flowing person within your designated time
3. Write or record something to yourself--or meditate on words that inspire

## ● WHAT WORKS FOR ME

- Early morning Zero Zoner
- More routine than I thought: roll over, drink water and exhale a lot
- Once I'm aware I'm in the zone, I ask myself "what do I need to hear today?"
- YouTube and tea and ease into light
- Post-its on my bathroom mirror ("too many gifts to be fearful: soar") as I'm getting ready



# Zero Zone



## ● YOUR FULLEST SELF

In the Blue Zone, the goal is to center what makes us happy and do it in the healthiest way possible for us in the moment. The goal is to also assess what we need more of while working, in general, to give our body what it needs to be more well and full.

## ● BLUE ZONE HACKS

- Trust what makes you happy and try not to judge those things
- Assess your full environment, workspace and welcome ease and efficiency
- Starter activity: create a list of happy foods and explore why you like them (texture, savory/sweet/earthy/warm, etc.); create a list of people who improve your mood instantly; create a list of sounds that calm you

## ● GET IN THE BLUE ZONE!

1. What foods give you the most energy? Are they the same as the foods that make you happy?
2. Let your village know they are in your Blue Zone
3. Take note of any environmental adjustments that help boost you feeling safe, in control and balanced

## ● CLIENT PRACTICE

- Simple snacks on her, like peanuts, in her purse just in case she needs more energy
- Got a wave sound machine for her desk after recognizing that water keeps her both calm and focused
- Sisters are on speed dial
- Upon recommendation from doctor, got a trainer, coach and therapist
- Keeps key words and phrases behind her computer and in drawers



# Blue Zone

- **CONFLICT IS ALL AROUND US**

- Conflict is always happening and you are brilliantly resolving most of them
- Preparing for conflict is a form of resolution
- Unresolved conflict contributes to dis-ease
- Every work space holds a multitude of conflicts, from personal to interpersonal to environmental to organizational

- **CENTERING WHAT WORKS AND DOESN'T WORK FOR ME**

- The thing that has the most influence on how I perform is (fill in the blank). When that is not present, I (fill in the blank)
- When I am not showing up the way I want or need to, I prefer to be approached in the following ways:
- When I see others not showing up the way I want or need them to, how am I letting them know? Do I need to make any adjustments in my approach?
- Do I know what tools and supports exist to support with conflict if I'm not able to resolve myself?
- Can I tap into one of my other zones as I am waiting for a resolution?



# Conflict Zone



- **SMART PLAY GOES A LONG WAY**

- Incorporating play in the workplace or during work times has many benefits including reducing stress, enhancing creativity and improving bonds and overall culture
- Brief play also increases productivity, helping you focus on goals inside and outside the cubicle
- Increases adaptability and fosters a mindset more open to change
- Play Zone is also about being light with yourself, kind to yourself and enjoying blissful moments by yourself

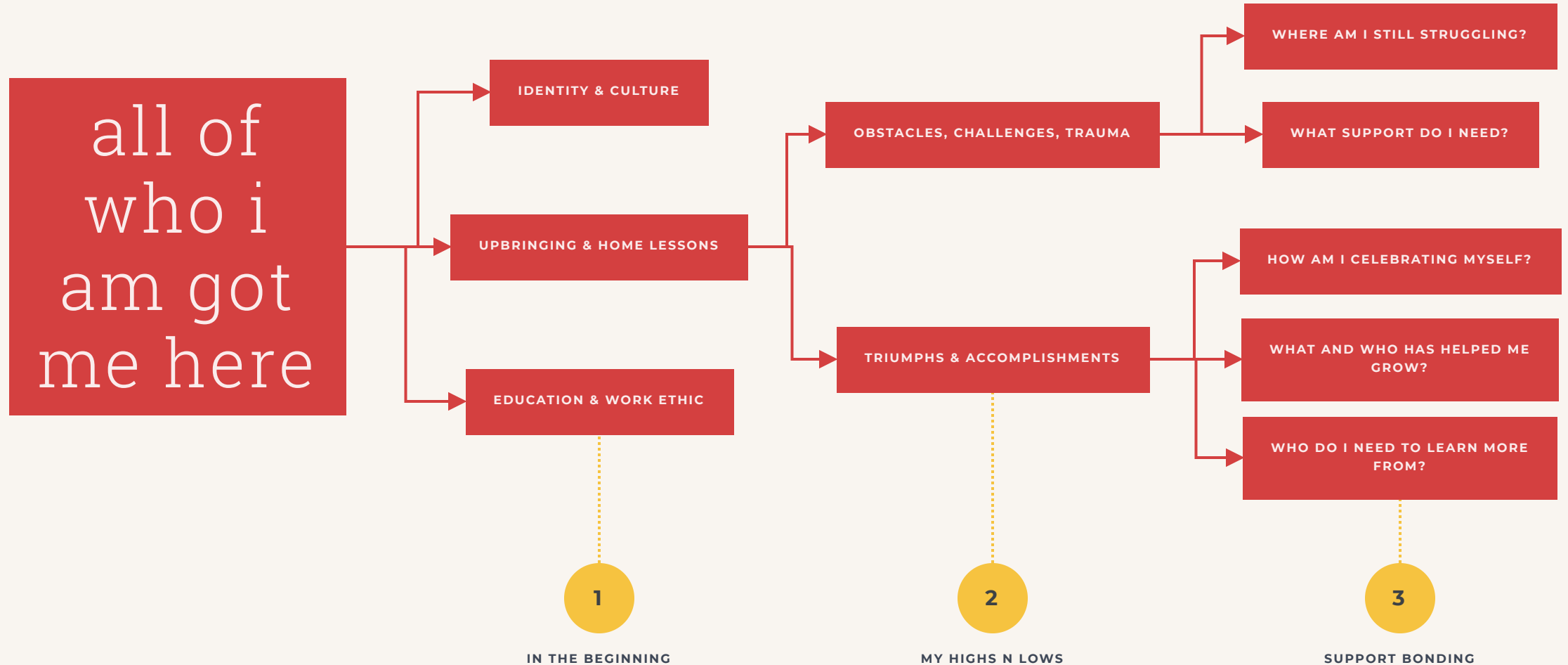
- **PLAY ZONE IDEAS**

- Try to think of the things you wish you could do more of--and then make a date with yourself or friends
- Team Art Days: Mix up your meeting schedules with creative guests and facilitators
- Hack conferences with gaming stations with hi and/or lo tech options (i.e. cards, VR, dominoes, costumes)
- Reach for a game when you are anxious, have writer's block or in conflict
- Reminder that wellness doesn't have to hard to be impactful



# Play Zone

# The iZone: A Well Identity





DISCUSS WITH  
THERAPIST THE  
IMPACT OF BEING  
FIRST-GEN

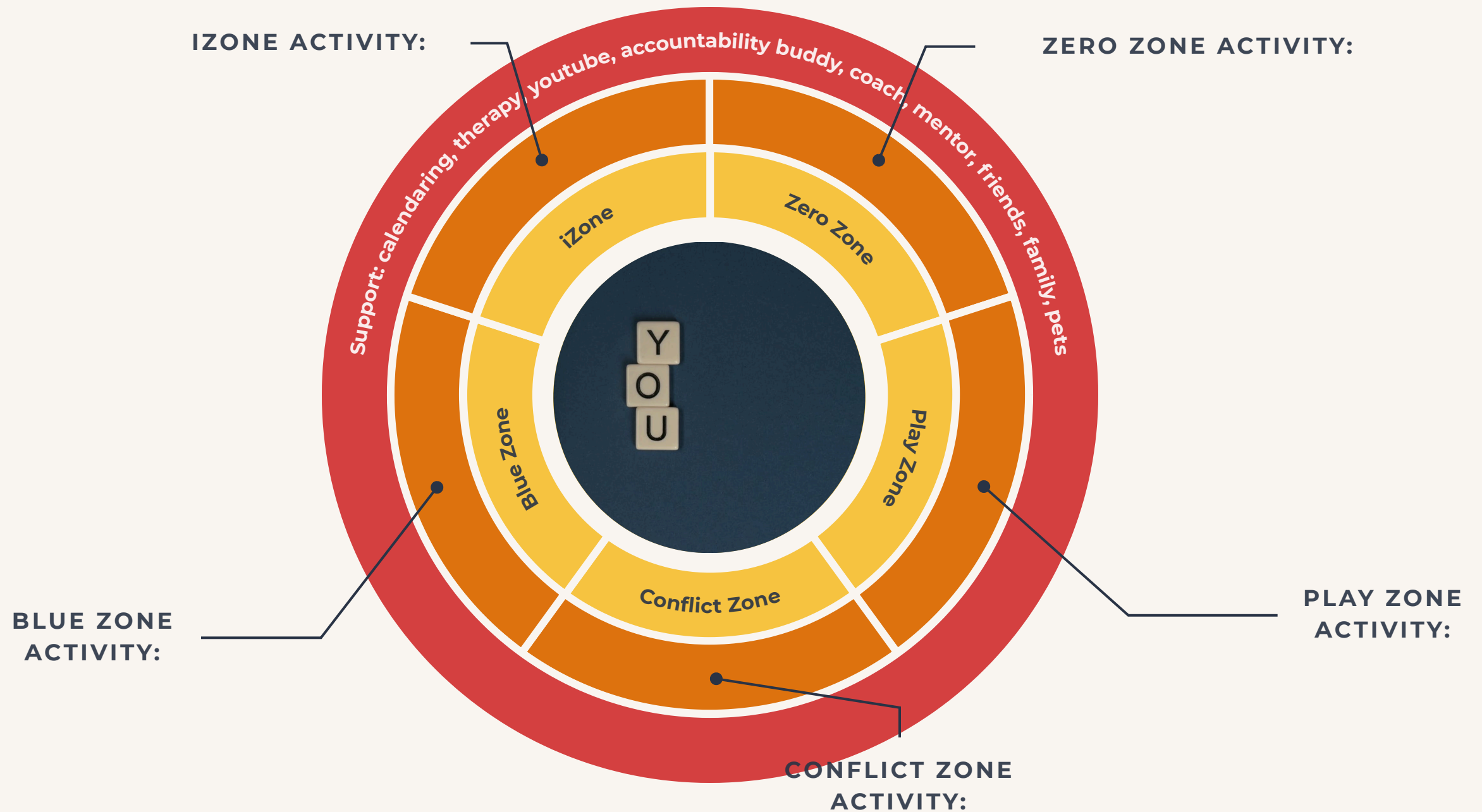
EXPAND MY LIGHTS OFF  
QUIET TIME IN MORNING  
BY 5MINS



CALL LINARA  
FOR A 15MIN  
LAUGH

SCHEDULE  
GOING TO BK  
MUSEUM ONE  
DAY THIS MONTH

WHAT IS A  
TOUGH DECISION  
I'M WRESTLING  
WITH?





## **CHALLENGE: CREATE A BRILLIANT WELL CYCLE FOR THE NEXT TWO WEEKS**

1. Create a practice that touches each zone and repeat for two weeks
2. You don't have to do each zone everyday (but you can if you want)
3. iZone tends to take a little more time, so give yourself time to sit with yourself and (re)discover who you are
4. Factor in at least one form of accountability to stay on track (can be a tool or a person)

DISCUSSION WITH IFY

# On wellness and advocacy...



“Caring for  
myself is not  
self-indulgence,  
it is self-  
preservation...”

AUDRE LORDE

