

Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program (FSAP)

Summer Semester 2012

Are You Headed for a Personal Energy Crisis?

by Orlando J Gonzalez, MSED, LMHC, CEAP

Most human beings are trying to find harmony and proper balance in their lives. The summer season is a time commonly associated with travel, recovery and recreation. While conceptually these endeavors appear rejuvenating, frequently they translate into events filled with family drama, obligation and energetic depletions where those engaged often return from their “recreation” feeling more worn out than when they left.

When approaching these months of “rest,” or any challenging time of the year for that matter, it becomes important to remember we are, at our core, energetic beings with very individualized energy renewal needs. Our culture is notorious for fueling a climate where the majority of us work and live in environments that foster great demands of our personal energy resources. Some manage these demands well, but for many, the demands become overwhelming because we are not able to develop effective ways to remain resourceful in the face of such challenges. Many, consequently, find themselves spiraling into an energy crisis, with demands exceeding the available energetic resources for addressing such strains.

In the New York Times Bestseller, [The Power of Full Engagement](#), authors Jim Loehr and Tony Schwartz discuss the importance of developing a new framework for improving how we perform and manage our energy. They point out, when it comes to improving personal performance, it is far more important to manage our energy (new paradigm), than it is to manage our time (old paradigm). This shift in paradigm becomes crucial when planning to develop the skills necessary for marrying the states of optimal health and productivity.

The authors introduce new principals for becoming fully engaged individuals:

Old Paradigm	New Paradigm
Manage time	Managing energy
Avoid stress	Seek stress
Life is a marathon	Life is a series of sprints
Downtime is wasted time	Downtime is productive time
Rewards fuel performance	Purpose fuels performance
Self-discipline rules	Rituals rule
The power of positive thinking	The power of full engagement

To assist in launching the sharing of such principles within the University community, the FSAP will be conducting seminars this June to help faculty and staff explore and apply these important concepts and paradigms. These seminars aim to help participants develop techniques for becoming better stewards of their own personal energy needs. Supervisors who attend will be able to apply such principals to their workplaces in order to foster health conscious and productive teams. If you feel you may be slowly heading for an energy crisis, that your time is not your own, or that you are not certain how to accommodate desired changes into your life, join us to explore how you can get on the right track to managing your energy and enjoying a fruitful life. [Click here for a list of summer seminars.](#)

Lunchtime Seminars: Summer 2012

The Best Meal You’ve Ever Eaten
for Optimal Health!

Are You Headed for an Energy
Crisis?

The Essentials of Caregiving

Relaxation Training

Developing your “Emotional
Intelligence”

Taking Control of your Credit
Card Debt

For more details, please visit
www.miami.edu/fsap and click
on “Schedule of Seminars.”

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Summer Fun Family Activities

by Rosario Zavala, MSW, LCSW

Unsure about what to do with your brood this summer? These free or affordable activities won't break the budget and will be sure to keep everyone active! There's something for everyone to enjoy both indoors and outdoors. When was the last time you went canoeing, enjoyed a play or musical, or attended an outdoor concert with your children? Here are some resources to get you started.

1. South Florida Parenting magazine

Calendar of events by county.

<http://www.sun-sentinel.com/features/south-florida-parenting/to-do>

2. Miami Dade county parks and recreation

Find a park, beach, summer camp, bike trail, or pool near you.

http://www.miamidade.gov/parks/facility-directory_a.asp

3. Miami on the Cheap

This website features a calendar of family events that are free or fee-based. www.miamiflonthecheap.com

4. Free Museum Days

Miami-Dade County

- [Miami Art Museum](#): Free the second Saturday of the month with activities for families 1-4 p.m.
- [The Museum of Contemporary Art \(MOCA\), North Miami](#): By donation 7-10 p.m. the last Friday of the month, with free jazz in the courtyard at 8 p.m.
- [History Miami](#) (formerly the Historical Museum of Southern Florida): Free to children, \$5 for adults noon-5 p.m. the second Saturday of the month with programs for families.
- [Miami Children's Museum](#): Free 3-9 p.m. the third Friday of the month with activities for children.
- [Gold Coast Railroad Museum](#): Free the first Saturday of the month.
- [The Patricia and Phillip Frost Art Museum at Florida International University, South Campus](#): Always free. The second Wednesday of the month, there is a reception from 6 to 9 p.m. with a lecture and a chance to meet artists.

Broward County

- [Coral Spring Springs Museum of Art](#): Free every Wednesday.
- [Young at Art Children's Museum, Davie](#): Free 5:30-8:30 p.m. the first Friday of the month with activities for children.



➤ Inspirational Quote

“Whatever you do, you must remain nimble in your thinking. Do not become so attached to any one belief that you cannot see past it to another possibility.”

- Christopher Paolini

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Mind and Matter is a quarterly publication from the UM Faculty and Staff Assistance Program that provides helpful tips and articles regarding work-life balance, health and well-being. If you would like to receive this newsletter directly in your inbox each quarter, as well as receive announcements of upcoming FSAP seminars, please send an email to cbootle@miami.edu.

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