

Pavelka Wellbeing Resources

To access use the key: CiscoHouse and click on the subject category



Emotional

- Focus: [Goal Setting](#), [Prioritizing](#), [Managing Yourself](#).
- Positivity: [Personal Growth](#), [Confidence](#), [Embracing Uniqueness](#)
- Regulation: [Burnout](#), [Relaxation](#), [Confidence](#)
- Stress/Anxiety: [Breathing](#), [Worries](#), [Psychological Safety](#)



Financial

- Feeling Good: [Mindful Spending](#)
- Habits: [Meal Planner](#), [Eating with Economy](#)
- Strain: [Financial Stress Relief](#)



Physical

- Feeling Good: [Good Mood Food](#)
- Movement: [Stretches at Home](#), [Balance](#), [HIIT Workout](#)
- Nutrition: [Immunity](#), [Brain Foods](#), [Good Mood Food](#)
- Rest: [Whole Body Relaxation](#), [Seated Relaxation](#)
- Sleep: [Checklist](#), [Sleep Guide](#)



Social

- Community Belonging: [Collaboration and Trust](#), [Share Strengths](#)
- General Support: [Motivation](#), [Activity Ideas](#)
- Handling Disagreements: [Empathy](#), [Communication](#)
- Intentional Connections: [Finding Your Voice](#), [Building Connections](#)
- Psychological Safety: [Psychological Safety](#), [Creating Safety](#)
- Workplace Belonging: [Activities](#), [Empowered Voices](#), [Connections](#)
- Social Responsibility: [Wellbeing for You and Earth](#)
- Work Friendships: [Inspiring Accountability](#)

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Technology

- Relationship with Tech: [Reflecting on Habits](#)



Time Management

- Breaks: [Break up the Day](#), [Pavelka Pause](#)
- General: [To-do List](#), [Recharge your Day](#)
- Boundaries: [Boundaries](#), [Finding your Voice](#)



Work

- Conflict Resolution: [Navigating Change](#)
- Empowerment: [Reframe and Reset](#), [Embracing Uniqueness](#), [Confidence](#)
- Focus: [Reflection and Goal Setting](#), [To-Do List](#)
- Giving Feedback: [Healthy Collaboration](#), [Where to Go](#)
- Meaning: [Purpose-Driven Leadership](#), [Purpose Podcast](#)
- Personal Values: [Wellbeing for You and Earth](#)
- Prioritization: [To-Do List](#)
- Recovery: [Eating for Repair](#), [Recovery Shopping List](#)
- Resilience: [Resilience as a Leader](#), [Embracing Resilience](#)
- Role Clarity: [Navigating Change](#)
- Strengths: [Share Strengths](#), [Play Your Strengths](#)
- Workload: [To-Do List](#)



Four Elements

- Eat: [You Are What You Eat](#)
- Sweat: [Wall Chart](#)
- Think: [Avoid Burnout](#)
- Connect: [Connect Exercise](#)