

# Faculty-Life Balance and Other Myths of This Conference

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# Career Life Development or Newly Wed & Nearly Dead

- In Academia there are so few “Career Promotions”
- Happen Relatively Early in One’s Career

# Finish This Sentence: Once I no longer Chair I will...

- Get in the Habit of “Multi-tasking”
  - Read while we eat
  - Load Dishwasher while eating breakfast

# Life after administration!!!

- Behavior is Temporary
- Seldom do we Acknowledge the Stress, Pressure, and Challenges that Faculty Experience
- Women in particular seem vulnerable

What is Stress?

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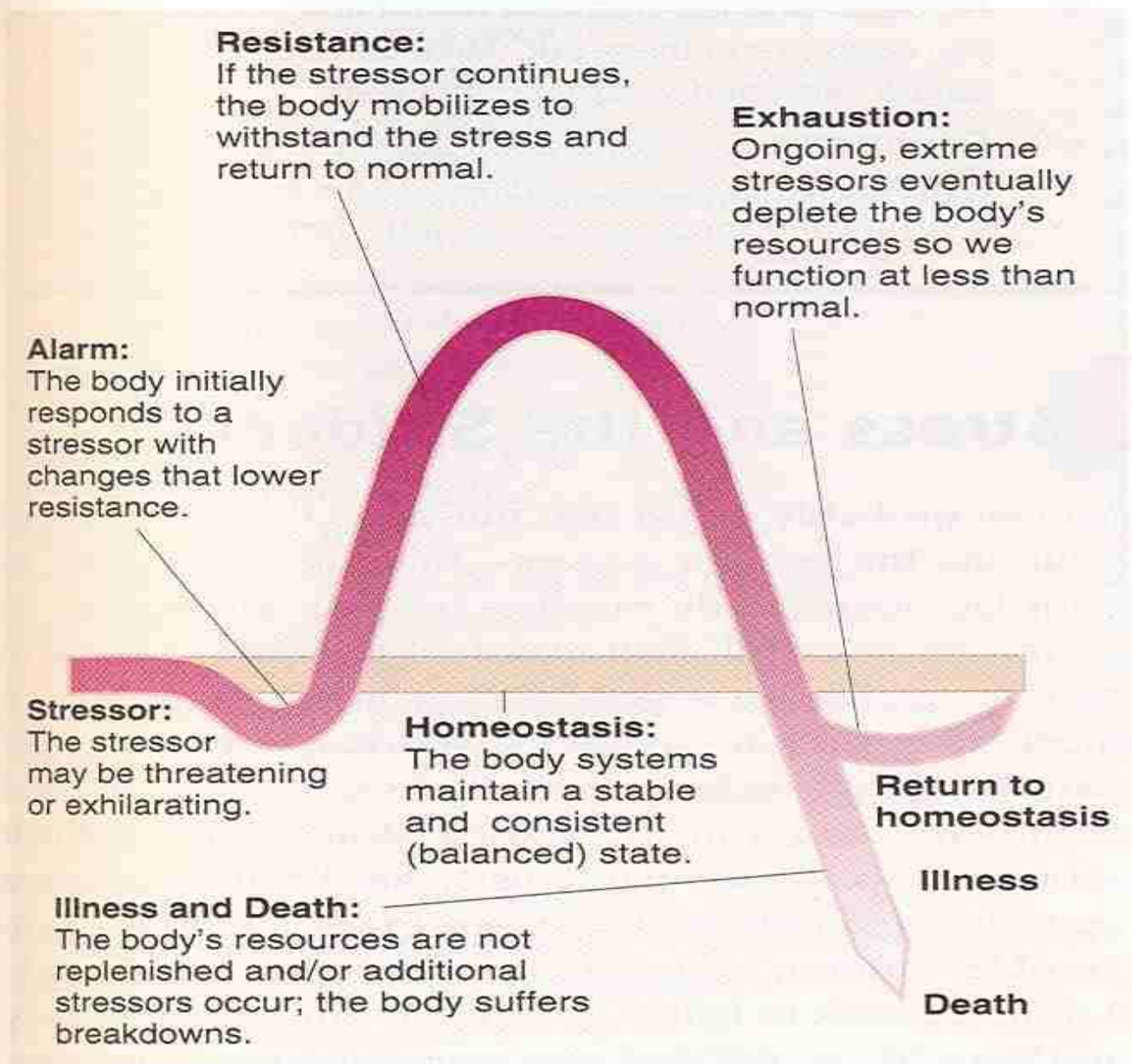
How does it Affect Us?

# G.A.S.

Alarm

Resistance

Exhaustion



**Figure 2-1** The three stages of Selye's General Adaptation Syndrome (GAS): Alarm, resistance, exhaustion.

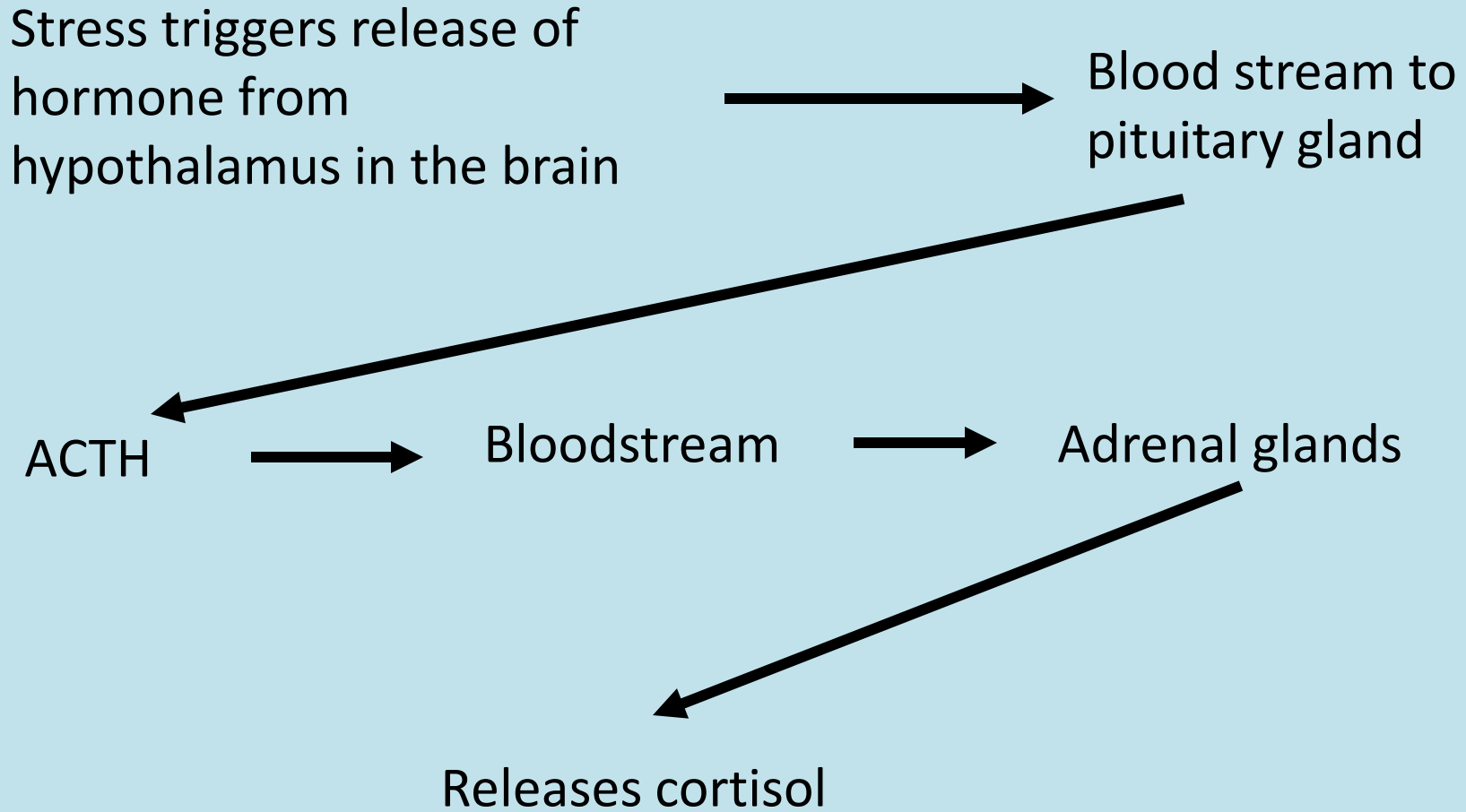
# How Stress Contributes to Illness

- Mind and body become exhausted
- Weakens immune system (more to come)
- Unhealthy behavior in an attempt to deal with stress

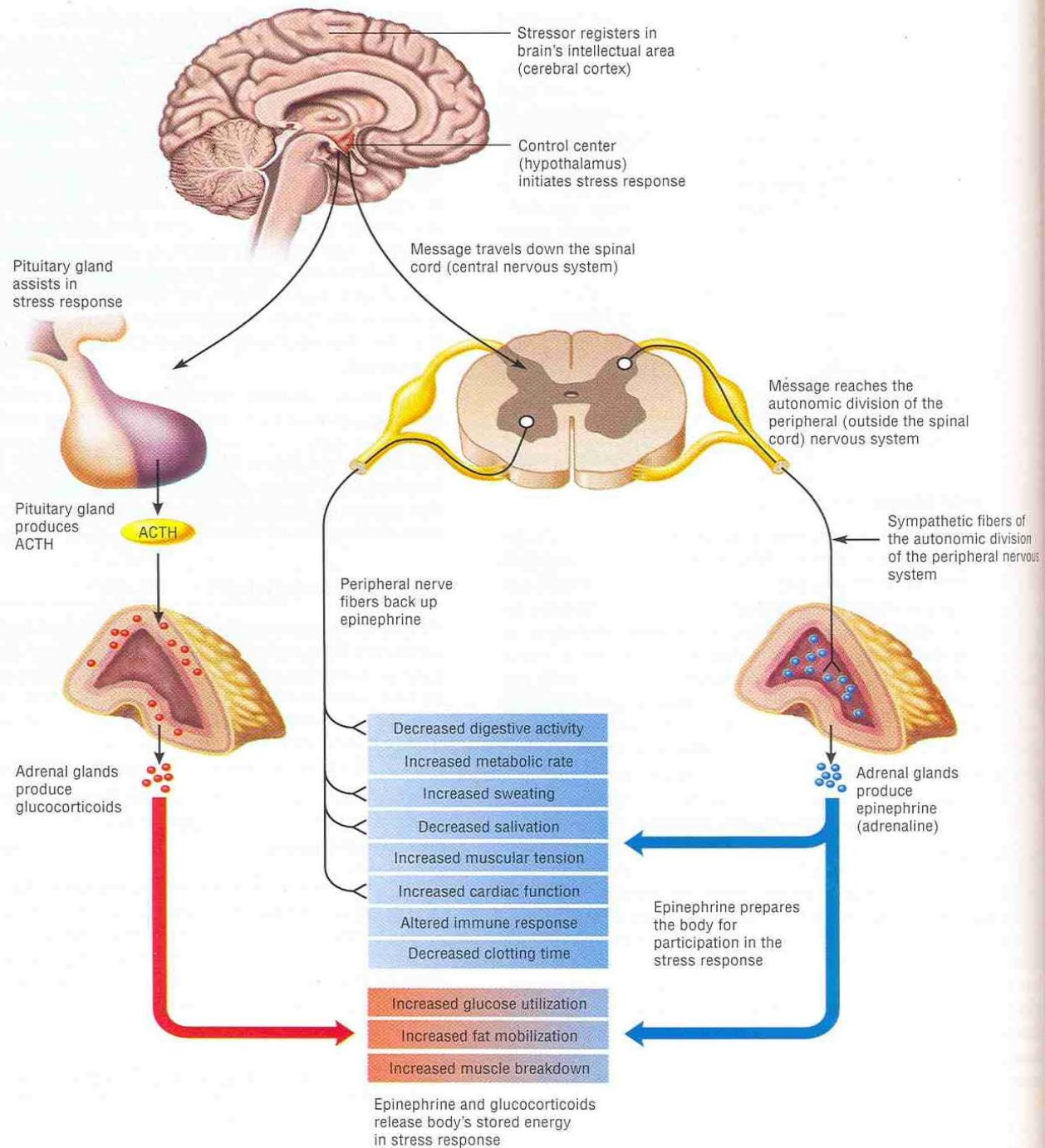


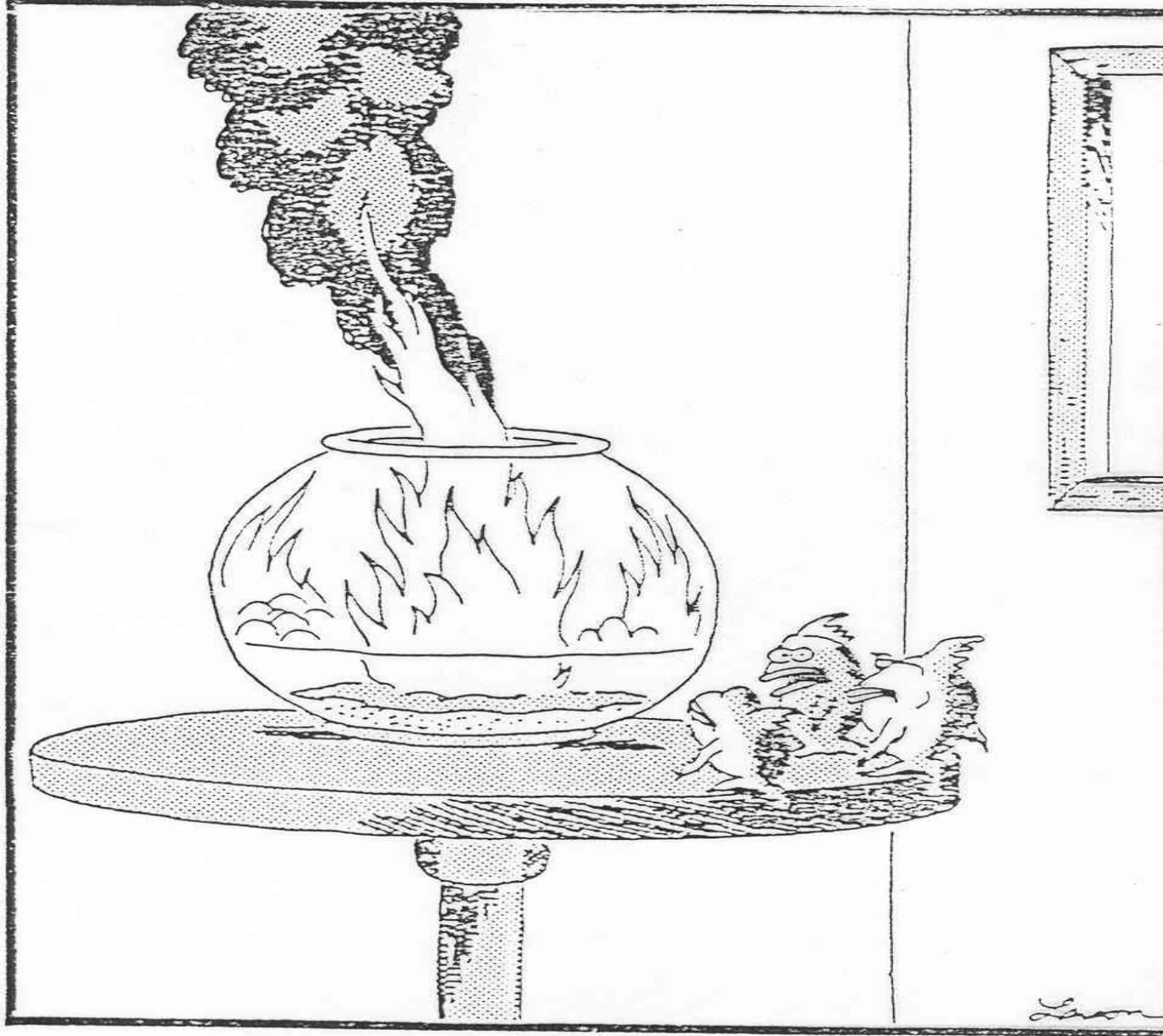
# Hypothalamo-Pituitary-Adrenal Axis

(wow that sounds scientific)









"Well, thank God we all made it out in time,  
... 'Course, now we're equally screwed."

# Two Light Bulb Jokes

We used to believe that stress was generated by change. We now believe that the psychological contribution to stress is the perception of the necessity for action. The greater the felt necessity, the greater the experience of stress--

--especially if it is unclear, or even doubtful, that you will be able to pull off the necessary action successfully. That's why teaching and research—going for tenure or promotion—can be so stressful. You're often performing at the frontier of your abilities.

Some of the felt necessity is external—teaching, evaluations, progress reviews, acceptance or rejection of grant proposals or articles. Some of it is internal—the desire to succeed, to excel, to produce high-quality work and results.

One definition of insanity is continuing to do things the same way and expecting different results (usually attributed to Albert Einstein).

If you're going to deal more effectively with stress, you're going to have to do things differently.

So let's talk.....