



Here are 13 tips from a few INTEGRIS moms on how they keep their positive attitudes, multiple trains running on lots of tracks, and their resiliency muscles in tip-top shape! (To read the whole article, visit the [INTEGRIS On Your Health](#) blog).

TRY THESE TIPS FROM INTEGRIS WORKING MOMS!

"Having a daily morning quiet time, which I spend asking for God to provide wisdom, discernment and protection for my family and work for that day, and then prioritizing accordingly. Doing this helps me keep perspective on what is really important in life." - **Pam Forducey, AVP at Arcadia Trails**

"I put everything (work or family-related) on the SAME calendar, including scheduled to-dos and reminders, and review it every single morning." - **Meghan Lemmings, event supervisor**

"Having a good work/life balance for me means knowing what I need for self-care. It might be a walk outside to unwind, it might be yoga, or it (definitely) might be a big piece of chocolate cake from La Baguette in bed while watching Project Runway. I also can't expect folks to read my mind, so asking others for help is a necessity when it comes to being a mother who works. I might ask, for example: 'Would you like to babysit so we can have a date night?' 'Can you assist with this late-night meeting?' or 'How many pieces of cake can you legally sell me?' - **Emily Trotter, IMG marketing**

"I have a husband who treats me as an equal, so half of everything is his responsibility and together we each put our family first." - **Linda VanHorn, VP of the Cancer Institute**

"I am literally 'livin' on a prayer!' I start every morning with family prayer on the way to my kids' school. I also find that cooking a healthy supper every

night and eating together as a family, exercising when I can, turning off all our electronics and getting a good night's sleep help a whole lot!" - **Vonda Kay Mooney, senior sales and marketing rep**

"Lots of wine! Just kidding. Thank goodness for workouts, massages and good girlfriends! I also think it's important to keep a super-positive attitude." - **Molly Ross, director of the Mind, Body and Spirit Center**

"My kids are adults now, but I was a single mom, I had a full-time job and went to grad school at night. I HAD to work in exercise at least twice a week, and have prayer time daily, to stay resilient. My exercise was usually late at night after the kids went to bed or early before they woke up. It made for long days but was always worth it. For me it was healthy body, healthy brain, better mom! Also, on Friday nights I always made it a priority to have family night. We would play board games, video game competitions or just have a dance off! Good times!" - **Traci Cook, senior sales and marketing rep of Arcadia Trails**

"I expect daily 'plot twists' and do my best to navigate them as they arise; and I look to find the humor and the lesson in each and every one of them." - **Sara Barry, business and community development liaison for Mental Health**

"I struggle with this! I think it's important for children to understand that parents have to work hard for the luxuries we all take for granted. We openly discuss when a deadline is requiring me to work additional hours, but in return we also ensure we have dedicated family time where we fully disconnect from electronics or other distractions. Personally, I dedicate time in the morning for my workout before anyone wakes up. I LOVE starting my day with this endorphin rush. This 'dedicated to me' time is my true resiliency plan." - **Kerri Bayer, VP of quality control and infection prevention**

"I finally learned to put away the work phone, laptop, etc. when I'm with my family. Most after-hours issues really can wait." - **Deidre Horn, interim director, sales & marketing**

"I make sure I schedule 'me' time to do the things I genuinely enjoy when I am not at work: things like yoga, sitting in the sauna, cooking and gardening." - **Kellye Elliott, business development manager at the Cancer Institute**

"I try to remember that I am one person and can only do so much. I do what absolutely must be finished that day and then give myself permission to put off the rest until tomorrow. For example, if I still have five things on my project list and it is the end of the work day, if none of them are due the next day, I go home to be with my family. Work will always be there when I return." - **Brooke Cayot, media relations lead**

"I manage a healthy work/life balance by taking it one day at a time and doing the best I can each day. When I look at each week in its entirety - with all the school, homework, and extracurricular activities - it can be very overwhelming! So, I look at each day by itself and make a plan in the morning on how I will get it all finished. Having a plan reduces my stress. Also, making sure I take care of myself, too, is vitally important: exercising, taking a relaxing bath or reading a book." - **Rebecca Gregg, marketing project lead**

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