



Achieving Balanced Well-Being™

An Online Program Designed To Create
Balance And Well-Being In Your Life



THE
PACIFIC
INSTITUTE®

A Thought Patterns for High Performance® Program



The World Has Changed

In these days of rapid and never-ending change, stress and tension have become the 1000-pound weight we can't seem to get out from under. We are desperate to be in control so we can survive the onslaught of news headlines, responsibilities, distractions, and demands on our time. Meanwhile, finding moments for ourselves sits at the very bottom of our "to-do" list.

- External pressures have a significant, often negative, impact on our personal and professional lives, which lead to stress, anxiety, strained relationships, unhealthy lifestyles, poor work performance, and decreased engagement.
- There is mounting data and research indicating a direct correlation between our well-being and happiness, as well as our resiliency and ability to persevere in the face of obstacles.
- Our well-being is developed by our ability to perform strongly through establishing alignment to vision and goals, managing change effectively, increasing our engagement, creativity and strengthening relationships to succeed from within.

So, when you are overwhelmed and want to run and hide to escape the madness... STOP! Take a moment. Give yourself the opportunity to learn the tools to take back control.

Where do we find these tools, these keys to mastering persistence and resiliency? Actually, we already have them. They just need to be discovered, uncovered, and allowed to flourish.

It's all in our Mindset.



"Well-being is associated with numerous health-, job-, family-, and economically-related benefits. For example, higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Individuals with a high level of well-being are more productive at work and are more likely to contribute to their communities."

CDC - CENTERS FOR DISEASE CONTROL AND PREVENTION¹

Putting You In Control



The Current Times Can Be Stressful:

Stress during an infectious disease outbreak can include²:

- Change in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or other drugs

More than 22 million Americans have filed for unemployment aid³

The United States has not seen this level of job loss since the Great Depression

Many companies that remain open report a huge drop-off in sales

Manufacturing production cratered in March by the most since 1946

New home construction saw the biggest decline in nearly 40 years

Nearly a third of US apartment renters didn't pay any of their April rent during the first week of the month⁴

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"There are many aspects of your life you can control, modify and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way."

— AMERICAN PSYCHOSOCIAL ASSOCIATION



Give yourself the tools to regain power in this uncertain world.

Introducing: Achieving Balanced Well-Being™

² <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

³ <https://www.washingtonpost.com/business/2020/04/16/unemployment-claims-coronavirus>

⁴ <https://www.wsj.com/articles/nearly-a-third-of-u-s-renters-didnt-pay-april-rent-11586340000>



Our Solution

This powerful online, self-paced curriculum dives into your habits, attitudes, beliefs and expectations to optimize performance and well-being. You will learn about the most significant aspect of health and optimal well-being: that you are in control and have the power to change different aspects of your life. The program applies The Pacific Institute's mindsetting curriculum to the well-being PERMA model* to accelerate results, build resilience, enhance engagement and overcome areas where you may be "stuck."

All exercises and activities within the program are focused on the active application of the cognitive material to those issues that affect individual well-being. This process sets your life on the path to flourishing and higher levels of performance:



The Pacific Institute's revolutionary program helps address the stress of having to "do it all" in order to find a level of success with:

- Work
- Community Contribution
- Keep up on Technology
- Financial Health
- And So Much More . . .
- Nutrition & Exercise
- Family Relationships
- Spiritual Life
- Leisure Time

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“All meaningful and lasting change starts first on the inside, then works its way out.”

— LOU TICE, CO-FOUNDER OF THE PACIFIC INSTITUTE

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*The five elements that are key to flourishing, identified and researched by Dr. Martin Seligman and his colleagues at the University of Pennsylvania. PERMA: Positive emotion, Engagement, Relationships, Meaning, and Accomplishment.



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