

From Surviving to Thriving

United States Postal Service 



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Why This Topic Matters



- Demanding roles can lead to constant “go mode”
- Ongoing stress impacts energy, focus, and safety
- Small shifts can improve daily well-being
- Thriving supports both performance and quality of life

Overview



- Build awareness of where you are today
- Learn small tools to improve daily well-being
- Create simple, realistic actions for change
- Connect with available EAP support

What is “Managing Mode”?

- Pushing through the day
- Meeting demands—but feeling drained
- Putting well-being on hold



Managing vs Thriving

Signs You're Managing

- End the day mentally or physically drained
- Constant stress—even without urgency
- Focus only on tasks, not meaning
- Rarely pause to check in with yourself
- Self-care feels like a chore

Signs You're Thriving

- Energy is more steady
- Connected to purpose and goals
- Recover from stress more easily
- Make time for rest and reflection
- Experience growth—not just productivity

Reflection Moment

- Right now, I feel more like Managing / Thriving
- One area I want to improve: _____





Energy Management

- Energy vs time
- Time management matters
- Energy management is essential

Draining vs Refueling

What Drains Your Energy

- Poor sleep or fatigue
- Heavy workload / rushing
- No time to unplug
- Skipping meals or hydration

What Fuels Your Energy

- Rest and recovery
- Support systems
- Small breaks and resets
- Movement or stretching

Awareness and Action

Awareness First

- You don't need to fix everything
- Just notice patterns first

One Small Shift

Choose one

- Go to bed earlier
- Take a break each shift
- Talk with someone
- Stretch after work



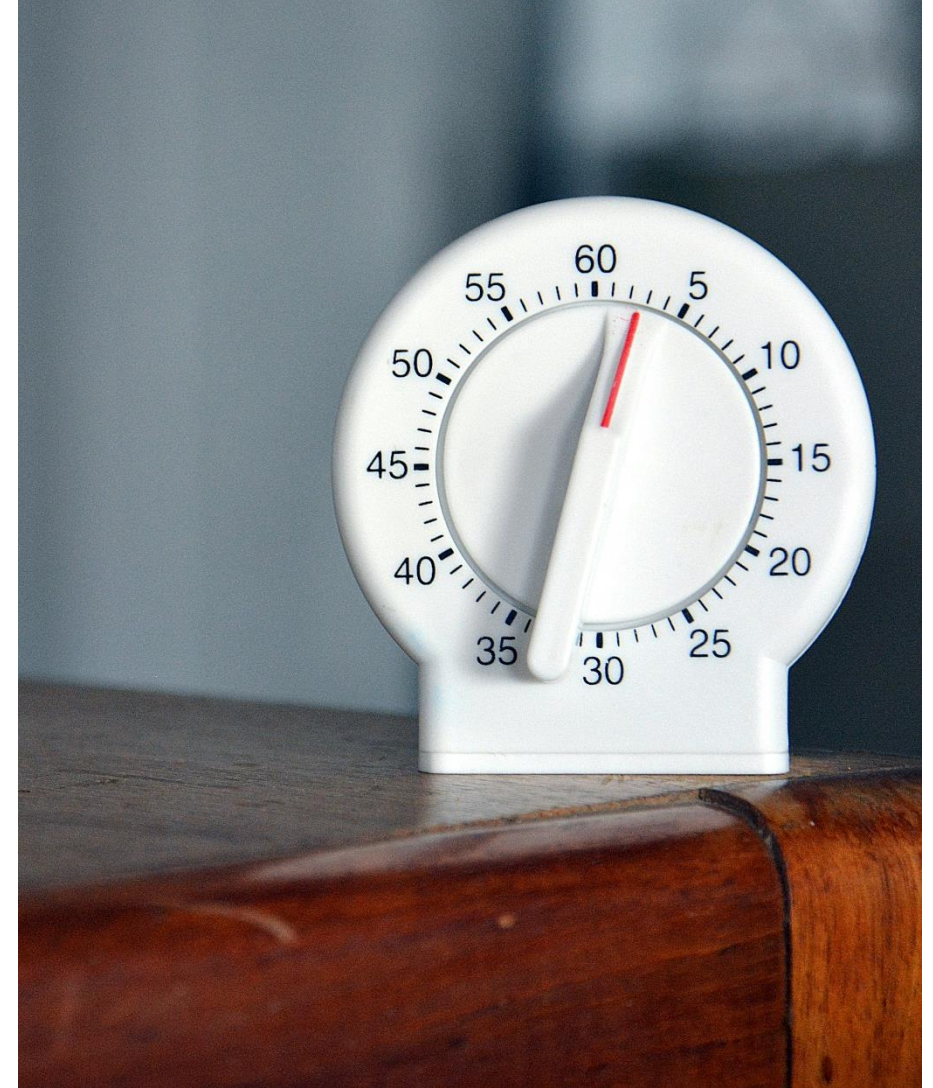
Micro-Reset Tools

- 60-Second Breathing Reset
- Body Reset
- Mental Shift Switch
- 30-Second Focus Reset

60-Second Breathing Reset

- Inhale 4 seconds
- Exhale 6 seconds
- Repeat 5 times

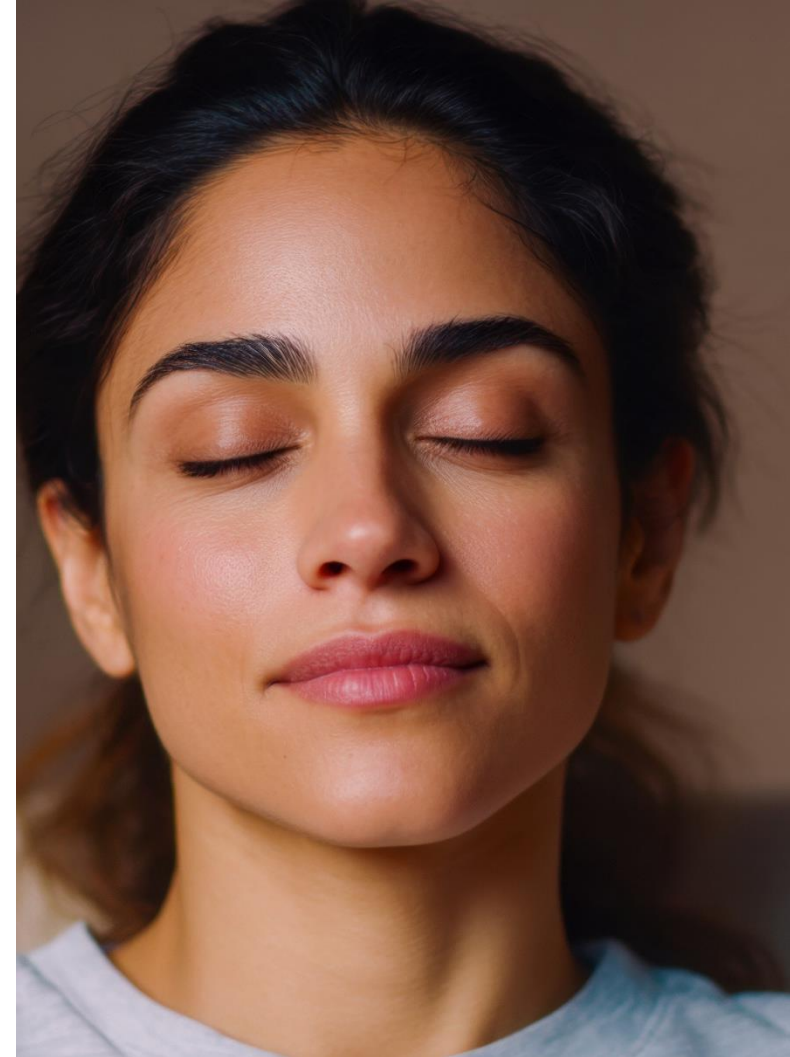
Use when: stressed, overwhelmed, rushed



Body Reset

- Roll shoulders
- Stretch neck
- Shake out tension

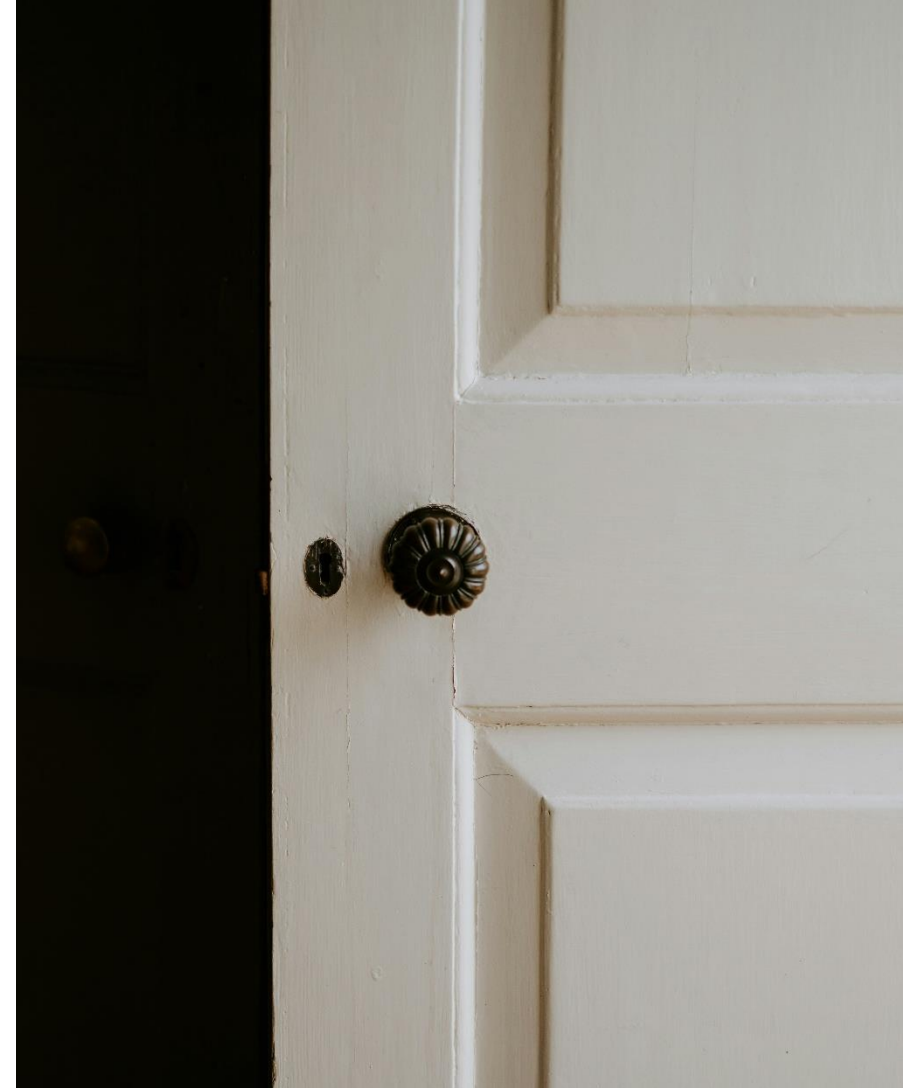
Use when: stiff, tired, tense



Mental Shift Switch

- Pause
- Say: “My workday is complete”
- Imagine closing a door

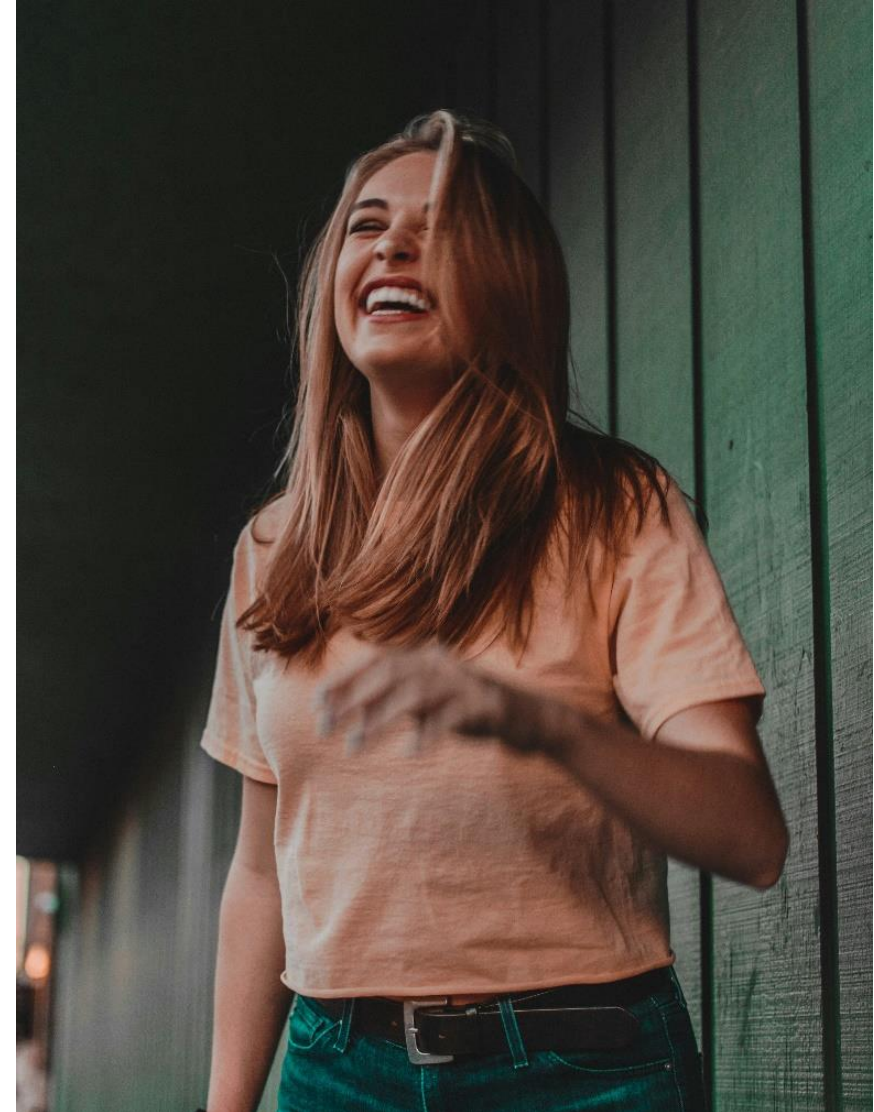
Use when: carrying stress home



30-Second Focus Reset

- Look away
- Name 3 things you see
- Take one slow breath

Use when: losing focus





Building Healthy Habits

Good habits are:

- Small
- Consistent
- Supportive

Habits That Keep Us Stuck

- Saying “yes” automatically
- Ignoring stress
- Waiting for motivation



Habits That Support Growth

- Drink water first thing
- Set one priority
- Check your energy
- End-of-shift reset





Personal Wellness Plan

- Defining a wellness plan
- Five simple steps

What is a personal wellness plan?

- Flexible
- Personal
- About progress
- Not about perfection

Step 1:
Assess

Assess your...

- Energy
- Focus
- Life Balance

Step 2:
Define

Define thriving:

- I feel...
- I have more...
- I have less...

Step 3:
Focus

Pick 2-3 Areas:

- Sleep
- Stress
- Boundaries
- Relationships

Step 4:
Actions

Choose small,
doable steps
to build
momentum

Step 5:
Review

Determine
what's working
and what needs
adjusting

Key Takeaways



- Awareness drives change
- Small habits build momentum
- Use micro-resets daily
- Progress > perfection

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