

1. *Who did you speak with? Why did you choose this person?*

Ayooluwa Pelumi Joseph.

I chose to speak to him because he is the data analyst for my employer.

2. *Did you feel secure and comfortable sharing your thoughts and emotions with this person?*

Yes, I did.

3. *How did this impact your level of openness and vulnerability?*

It impacted it greatly because I had to be open to him. I shared my challenges with him.

4. *What did you learn about yourself and your needs for social connection through this conversation? How will you incorporate these insights into future efforts to build resilience?*

I learnt that in order to excel, I need strong connections. The key is to integrate these insights into future efforts, perhaps by prioritizing networking, team-building activities, or finding a balance between work and social life.

5. *Did you share any vulnerabilities or engage in deeper conversations than usual? How did this impact your sense of trust and overall resilience?*

At the moment. Am yet to see the impact. I feel relieved.

6. *What resilience-building strategy will you implement this year?*

I plan to strengthen my resilience this year through continuous learning, staying updated on the latest industry trends and tools. Building a robust professional network is a priority, involving active participation in industry events and online communities. Striking a healthy work-life balance is crucial for my well-being, with a focus on setting boundaries and engaging in activities outside of work. Mindfulness practices and stress-management techniques will be incorporated into my routine to better cope with job pressures. Encouraging effective communication within the team, fostering collaboration, and maintaining a flexible mindset will contribute to my overall resilience, enabling me to navigate challenges more effectively.

1. Creating a simple strategy that fits your lifestyle. This strategy should highlight the following.

- **How many hours do you want to work/learn per week?**

10hrs

- **Working time & Personal time.**

Working time 10 hrs

Personal time 4 hrs

- **How will you create boundaries and avoid working in your personal time?**

To create clear boundaries between my work and personal time, I've established specific work hours within the 10-hour timeframe, starting from 8 am to 5 pm. I've designated a dedicated workspace to signal when I'm in work mode and when I'm off the clock. Prioritizing tasks, using productivity tools wisely, and scheduling breaks help me manage my time efficiently during work hours. Communicating these work hours to colleagues, friends, and family sets expectations and reduces interruptions during personal time. Once my work hours are over, I turn off work-related notifications on my devices to avoid being pulled back into work mode. Establishing personal rituals, such as a short walk, helps me transition from work to personal time. Learning to say no to additional tasks beyond my defined work hours is crucial, and I regularly evaluate and adjust my boundaries for a healthier work-life balance.


- **Fun activities you will do during your personal time.**


Play video game

Hang out with friends

Grow my connections on linkedin.

Surf the social media

 ALX Sleep Hygiene Checklist.docx

 ALX 3-Day Meal Plan