Activity: Resilience

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

I spoke with Zandile, one of my close female friends. I chose her because we have a strong bond, and I feel comfortable sharing personal experiences and thoughts with her. Zandile has always been supportive, and I knew that our conversation would be a meaningful and enriching experience.

2. Did you feel secure and comfortable sharing your thoughts and emotions with this person? How did this impact your level of openness and vulnerability?

Yes, during my conversation with Zandile, I felt extremely secure and comfortable sharing my thoughts and emotions. Our close friendship and history of trust created a safe space for open communication. This sense of security significantly elevated my level of openness and vulnerability during the conversation.

3. 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?

Through the conversation with Zandile, I gained insights into the significant role social connections play in building resilience. I realized that sharing my experiences and thoughts with a trusted friend like Zandile is essential for my emotional well-being.

To incorporate these insights into future efforts to build resilience, I plan to prioritize and nurture my existing social connections.

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

Yes, during the conversation with Zandile, I did share vulnerabilities and engaged in deeper conversations than usual. Opening up about personal experiences, challenges, and vulnerabilities created a deeper connection between us. It strengthened my overall resilience and the foundation of trust in our friendship.

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

Based on our conversation, I recognized the value of mindfulness as a resilience-building strategy. Therefore, I have decided to implement regular mindfulness practices into my routine throughout the year. This may include activities such as meditation, deep breathing exercises, or mindful reflection.

Activity: Work-life Balance

1. On a scale of 1 - 10, rate your present work-life balance

   4.

2. Share one challenge you have faced while creating a good work-life balance. (You can share a story about the last time your work affected your personal life)

Last month, a critical network issue emerged during my night shift at the job. The incident demanded immediate attention, and resolving it required working overtime and extending into the early hours of the morning. Unfortunately, this coincided with a planned family gathering I had committed to attending during the weekend.

The challenge arose when my extended work hours not only left me physically exhausted but also resulted in missing the family event. This situation not only affected my personal life but also strained relationships with family members who were disappointed by my absence.

3. 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?
   - Working time & Personal time.
   - How will you create boundaries and avoid working in your personal time?
   - Fun activities you will do during your personal time.

Work-Life Balance Strategy:

I aim to work a maximum of 48 hours per week as a NOC Engineer, with a focus on completing 30 hours per week for my Data Science course.

Working Hours:
- Two 12-hour shifts (2 days, 2 nights) in an 8-day cycle, totaling 48 hours.
- Data Science coursework: Allocate 30 hours per week during days off and non-working hours.

Personal Time:
- On workdays, prioritize relaxation and self-care during the non-working hours.
- On non-workdays, balance personal time with academic commitments.

Strategic Coursework Allocation:
- Schedule Data Science coursework during days off and non-working hours to avoid overlap with NOC duties.

Clear Communication:
- Communicate to colleagues and supervisors about dedicated study hours during non-working days.

Physical Activity:
- Engage in physical activities like a gym workout or a brisk walk during personal time.

Leisure Reading or Hobbies:
- Dedicate time to leisure reading or pursue hobbies that bring relaxation and enjoyment.

Quality Time with Loved Ones:
- Plan quality time with family and friends, ensuring connections beyond work and studies.

Mindful Practices:
- Incorporate mindfulness practices, such as short meditation sessions, to promote mental well-being.

Reflection and Adaptation:

Regularly assess the effectiveness of this adjusted strategy and be open to adaptations based on the demands of both your NOC role and Data Science coursework. Flexibility is key, and ensuring a balance between work, learning, and personal time is crucial for overall well-being.

Sleep Hygiene Checklist

https://docs.google.com/document/d/1M_od6D3kdTk6nEJtHPyrpcQwSiDto1zi/edit?usp=sharing&ouid=109528217039428458251&rtpof=true&sd=true

3-Day Meal Plan

https://docs.google.com/document/d/1M_od6D3kdTk6nEJtHPyrpcQwSiDto1zi/edit?usp=sharing&ouid=109528217039428458251&rtpof=true&sd=true