Our Top 10s: Un-mutually exclusive ways to keep the joy in your life

Becca's Top 10 — Common-sense things focused on YOU.

1) Keep your sense of humor.
2) Keep your sense of perspective.
3) Keep your PMA. Focus on solutions.
4) Keep yourself healthy.
5) Share what you know.
6) Volunteer.
7) Take vacation time; if you're sick, take sick time.
8) Have outside interests.
9) Say “no.” Set realistic expectations — and realistic limits.
10) Maintain a strong support network — ACES and the people in this room are a great start.

Rick's Top 10 — The basics at work that work.

1) It's OK to ask for help. It's OK to say "no."
2) Self-evaluations.
3) Can't put down overtime? Check into comp time.
4) Take your lunch breaks if you're allowed them.
5) Have fun — but don't do anything that will affect the computer system or get into your product. Begin Finger Food Friday or small, low-cost potlucks.
6) Seek out mentors; be a mentor.
7) Give tours at work to the public; have a better appreciation for your workplace by explaining it to young and adult visitors.
8) Start or host contests, such as for headlines or design, with a traveling trophy.
9) Continuing education — on-the-job training, cross-training. Take college classes.
10) Start a group to share wellness ideas while walking 20 minutes one day a week.