

Work and Life Balance

Work-life balance is the state of equilibrium where a person equally prioritizes the demands of one's career and the demands of one's personal life.



Don't Forget About YourSELF

Work and life balance has become more difficult over the last twenty years as more employees are working from home. With greater access to devices the boundaries between work and personal life have decreased.

Often, work takes precedence over everything else in our lives. Our desire to succeed professionally can push us to set aside our own well-being.

“You will never feel truly satisfied by work until you are satisfied by life.”

– Heather Schuck

Common reasons that lead to a poor work-life balance include:

- Increased responsibilities at work
- Working longer hours
- Increased responsibilities at home
- Having children



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Prioritize Self-Care

Because without it, how can you excel as an employee, parent, or friend?

Self-Care Activity Checklist:

- Prioritizing health related activities
- Managing time efficiently
- Getting 7+ hours of sleep regularly
- Disconnecting every day at least 30 minutes before bed
- Creating goals and priorities daily, weekly, monthly, etc.
- Ensuring a support system
- Letting go of perfectionism
- Creating boundaries between work and home
- Eliminate time-wasters
- Learning to say NO!
- Eating healthy foods
- Managing mental health

Are You Working Too Much?

Consider the consequences of poor work-life balance:

Fatigue: When a person is tired, their ability to work productively and think clearly might suffer — which could take a toll on professional reputation or lead to dangerous or costly mistakes.

Poor health: Stress can worsen symptoms related to many medical conditions and put you at risk of chronic illnesses.

Lost time with friends and loved ones: If you're working too much, you might miss important family events or milestones. This can leave you feeling left out and might harm your relationships.



Use It or Lose It!

According to a study in 2018 on vacation in America, **52% of employees reported having unused vacation days left over at the end of the year.** Employees are often worried that taking time off will disrupt the workflow, and they will be met with a backlog of work when they return. This fear should not restrict a person from taking a much-needed break.