

Work-Life Balance

The definition of work life balance can differ between generations, life experiences and other factors. No matter what definition you choose, one thing everyone has in common are the benefits of a healthy work life. Here are some of the benefits:



Less Stress

Stress can take a toll on your body and lead to burnout if left untreated. When you agree to take on more tasks or don't delegate those extra tasks, you create more stress on yourself. Here are a few tips you can start doing now to avoid burn out:

- Say no to tasks that are not a priority
- Focus on tasks that are a priority
- Meditate and focus on your wellbeing



Mental/Physical Health

Your mental and physical health go hand in hand. If you are neglecting one, you may affect the other. Here are a few tips in keeping them aligned:

- Eat healthy meals
- Exercise regularly
- Take breaks/vacations



Happiness

Happiness is the KEY to a well-balanced life. Happiness is about feeling good about yourself and being in control of your career. Here are a few suggestions to help you create your own happiness:

- Write down 3 things that you are grateful for in your journal daily
- Close your eyes and imagine a place that makes you happy
- Spend time doing things that you love



Improves Relationship

Working long hours mean that you don't get to spend as much time with those you love. You can't give them your full attention if you are exhausted or stressed. Here are some tips to help you stay connected

- Take some time away from technology
- Schedule time to do something you both enjoy
- Limit distractions and focus



YOLO

(You Only Live Once)

Being balanced doesn't mean that you divide time equally between work and life, it means that you spend time feeling good and taking the time to do things that bring you a sense of purpose. Here are some ideas on how to stay balanced:

- Focus on what is important
- Be in control of your life
- Take care of your mind and body



Comments From The Audience

- Work-life balance is all about trying to convince myself that my interests are as deserving of time and effort as work is.
- If you don't have a balanced life it can shift your mental and physical health for the worse.