

Work Life Balance



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What is Work Life Balance?



**Work life balance is being able to
incorporate all these aspects into our
lives:**

**Home and Family
Health and Well Being
Community
Career**

In a way that is useful and productive.

Why do I need Work Life Balance?



Why Do I Need Work Life Balance

Corona virus has changed the way the world goes to work

Perhaps you started working from home.

The home environment was a place that allowed the stresses of work to melt away, and allowed workers to enjoy time with family separated from work pressures or activities.

The home environment has changed into a place where we also work.

This has made the lines between these 2 places unclear, Which can mean more stress and challenging boundaries.

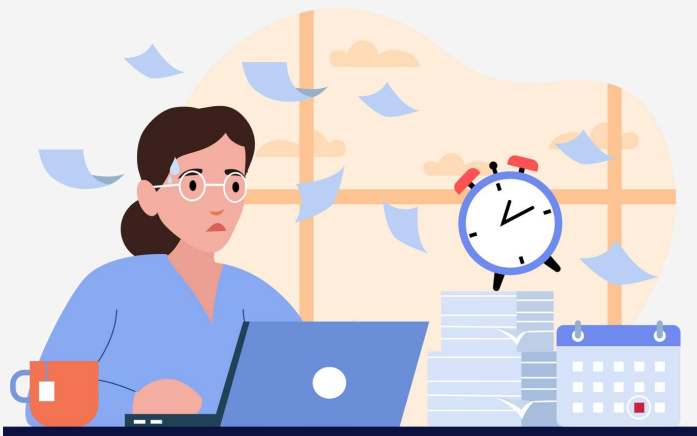


Why Do I Need Work Life Balance

Maybe you continue to work outside the home

However with so many companies downsizing to economize your work load may increase.

And you may feel the need to work longer hours to off set the threat of layoffs, you or your family may have the fear of getting sick.



What does Work Life Balance look like?



What does Work Life Balance look like?

Its different for everyone.

Take a step back to pause, ask yourself...

What is currently causing me stress, unbalance, or dissatisfaction?



What does Work Life Balance look like?

How are these circumstances affecting how I perform my job?

How are they impacting my personal life?

What am I prioritizing?

What am I sacrificing?

What is getting lost?

What does work life balance look like?

**Only after you take a mental pause and become aware of these challenges
can you begin to tackle them.**

Remember to keep in mind the above aspects

**Home and Family
Health and Well Being
Community
Career**

How can I Get Work Life Balance?



How can I get Work Life Balance?

Time management:

**Now that you know what your priorities are,
use your time in the best way.**

**Review how you currently spend your time and look for ways to adjust your
schedule where possible.**

**You can "chunk" your time as a way to focus on one area at a time, or use a
system to establish your priorities when new tasks pop up unexpectedly.**

Your goal is to boost your productivity and well being.

How can I get Work Life Balance?

Take a look at household and family demands can these be redistributed?

Can you delegate these tasks to someone else, or ask for support?

Drop any activities that don't support you.

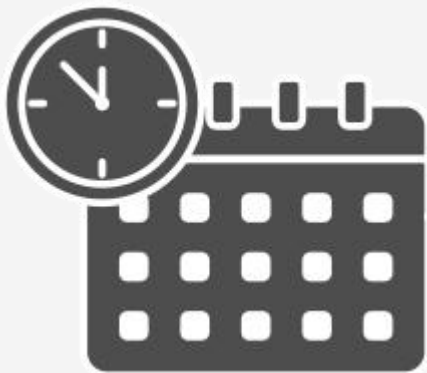


How can I get Work Life Balance?

Build downtime into your schedule.

**Add in some time for play
Time with friends and family
Time for nature
Time for exercise**

Even 10 or 15 minutes can recharge you!



How can I get Work Life Balance?

Set Boundaries.

For yourself, coworkers, and family.

Be clear about what tasks you are going to handle and when.

**Let everyone know what those boundaries are
And stick to them. (Even for yourself!)**



How can I get Work Life Balance?

Reflect, Refine, Repeat.

Whatever actions you decide are needed to create a good work-life balance, you can be conscious of the fact that you will likely need to continue to refine it over time.

life changes can take time, so reflecting on your approach and refining it periodically will likely be integral parts of the process.



Sources

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