IMPROVING WORK-LIFE BALANCE



Yova Sianturi-Beltz, an HR practitioner shared her 6 tips to improve work-life balance and minimize burnout at work.

Accept

Accept and understand that no job is perfect for you



Set Goals and Prioritize

Set your own goals and priorities apart from your work



Seek job that brings you joy when you're at work



6 W

LIFE

Make Time for Yourself

Allocate time to enjoy yourself

Prioritize Health

Always consider your physical and mental health



Unplug

Give time for self to slow down, be away from the routines

How To Work Life Balance Trending

Richenda Gambles, Suzan Lewis, Rhona Rapoport **How To Work Life Balance Trending:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **How To Work Life Balance Trending**. This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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