

# 11 TIPS TO FIND WORK / LIFE BALANCE

If you do what you love, you'll love what you do right? But that doesn't have to mean being connected 24-7-365. Productivity and creativity increases after rest and time off. A walk outdoors, a night with family or a long weekend road trip can help refocus, clear your mind and recharge your energy. Here's a few steps to find your work/life balance.

## 1. CREATE ROUTINE

Whether its meditation, breathing exercises, or jamming out to your favorite music find a transition time practice that helps you mentally switch gears into your evening.

## 03. TURN OFF

Being able to unplug and recharge means turning off notifications, putting devices down and enjoying the calm or craziness your night sky includes.

## 5. HAVE A DANCE PARTY

We love seeing photos of parents after work dancing around the living room with their kids. Pick a song, crank it up around your house and get the whole family to join in before you settle in for the evening.

## 7. WORKOUT

There is no arguing that a killer workout makes you feel better. Whether it's running, hitting the gym or your favorite yoga practice, centering yourself through a workout is a great transition activity.

## 9. BE ACCOUNTABLE

Telling your spouse or a close friend about your intentions to create a better work life balance can help you stay accountable to your goals.

## 11. FIND TIME

You might just realize that evenings will never allow for personal time, so look for other pockets of the day. Ten minutes in the morning in a silent house with a cup of coffee can change the outlook of an entire day.

## 2. ESTABLISH A PRACTICE

Whether its meditation, breathing exercises, or jamming out to your favorite music find a transition time practice that helps you mentally switch gears into your evening.

## 4. CHANGE CLOTHES

Some people recommend changing clothes after work to "evening attire" that helps you relax and switch gears. Your yoga pants are calling!

## 6. SET AN INTENTION

Each evening find a focal point or intention you want to accomplish that night. Choose a word or phrase you can focus on that will drive your evening activities.

## 8. UNPLUG

Don't take your devices to bed. Being unplugged means getting the sleep you need and not taking work to bed with you either.

## 10. DRINK WINE

It doesn't have to be wine, but enjoy a nice beverage and meal to help bring closure to the day.



Some days we feel balanced, and others out of control. If you find work you are passionate about it's likely to spill over into your personal time because you'll choose activities that align your personal and professional interests. Keep checking in with yourself, your family and your team at work about ways to continually grow and improve your life balance.

Link to Full Blog:

<http://gettingsmart.com/2015/07/11-tips-to-find-the-elusive-work-life-balance/>

# Work Life Balance How To Tips

**MJ Fievre, Becca Anderson**



## **Work Life Balance How To Tips:**

**Managing Work-life Balance** David Clutterbuck,2003 Work life balance is one of the most important issues facing employers and managers today Employees at all levels are no longer willing to trade their quality of life in order to get a decent standard of living Managers can no longer afford to ignore the costs that the long hours culture imposes on their organisation Overwork causes stress related absenteeism poor retention levels low creativity appalling customer service and unethical employee behaviour Combine that with the risks of being sued by a stressed employee or a parent who wanted to work flexibly and the business case for paying real attention to work life issues has never been stronger This text sets out the roadmap for moving your organisation towards a positive work life culture With clear and practical advice for HR and line managers alike **Managing Work Life Balance** shows you how to engage employers managers and employees in the process of controlling the inherent conflicts between the worlds of work and home

**Health and wellbeing good practice guide** Investors in People UK,2010-03-08 A resource for employers seeking to create a positive working environment in which employees flourish and business goals are achieved It reveals the strategies of the most successful organisations those who have adopted a co ordinated approach towards health and well being and are now reaping the rewards

**Step by step to success: The ultimate guide to personal and professional development - from the definition of success to practical implementation** Samuel Thomas Taylor,2023-11-18 Unleash Your Full Potential Discover the Secrets to Success in Life and Business Are you ready to transform your life achieve your dreams and become the best version of yourself Step by step to success is the ultimate guide to unlocking your inner power and reaching new heights in life and business With a compelling mix of personal stories actionable advice and proven strategies this book will inspire motivate and empower you to create a meaningful fulfilling and successful life Unlock the power of a growth mindset and cultivate a positive attitude to overcome obstacles and achieve your goals Learn the art of good decision making and set goals that align with your vision and purpose Build a strong support network and find mentors to guide you on your journey to success Master the art of teamwork build a strong team and effectively collaborate with others Manage your time and energy prioritize self care and set boundaries to maintain balance in your life Develop a strong work ethic establish a regular self reflection practice and stay true to your values and purpose And much more Don t miss out on this opportunity to unlock your full potential and create the life you ve always dreamed of With its captivating stories practical advice and powerful tools Step by step to success is the must read book that will inspire and guide you on your journey to personal and professional triumph Buy now and embark on the life changing journey to success

**111 Job Interview Questions and Answers to Land Your Dream Job** Aria Capri Publishing,Mauricio Vasquez,2024-08-31 Struggling to ace your job interview and land your dream job Job interviews can be intimidating leaving you feeling unprepared and unsure of how to present yourself Even with the right qualifications articulating your skills effectively can be challenging leading to missed opportunities and extended job

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Anderson,2021-02-16 Reorganize and Optimize Your from Home Remote Work Life A productive guide for our new world of remote work Paula Rizzo media consultant speaker and author of Listful Living Whatever your remote work circumstance learn how to be productive at home with nuggets of hard earned wisdom From choosing the best colors for workspace productivity to starting a business these remote work gurus offer everything needed for a smooth work to home transition The new world of working from home No longer does the average worker have long frustrating commutes to crowded offices for jobs more comfortably worked from home In this day and age not only are more employers offering remote work more

people are creating their own opportunities for non traditional work from home Whether you are a remote work employee freelancer or someone who dreams of giving up the daily grind for a career of your own design Your Work from Home Life is the next step to becoming the ultimate work nomad Productivity tips and much more Remote work gurus Becca Anderson and M J Fievre guide you through the online search process and help you create a list of online certification programs blogging opportunities and jobs that allow you to work from home Together they offer advice on planning budgeting contingency plans and other resources Along with advice on how to be productive at home this fun and uplifting book includes bonus checklists and templates to help you Take advantage of technology and platforms home office set ups and breaks at work Work with colleagues while redefining collegial camaraderie avoiding overwhelmed and isolated feelings Develop time and distraction management to meet pressing deadlines and achieve focused deep work Discover the important role of self care and personalize your very own self care strategy If you enjoyed books like Remote Indistractable The 4 Hour Work Week or Nine Lies About Work you ll love Your Work from Home Life [The New Normal Work life Balance](#) Dwayne Anderson,2021-09-15 The New Normal Work Life Balance Are You Struggling To Balance Your Work Life Amid This NewNormal Discover How To Get Control of Your Life Avoid Stress Burnouts By Maintaining A Proper Balance Between Your Work Life While Working Remotely During This Pandemic It has been over a year and we ve seen and done things we d never imagine From stockpiling toilet paper hand sanitizer fighting over face masks to working from the couch Although the frenzy of stockpiling has subsided we continue to work from home This Transition Has Been Unfamiliar But It Has Become Our NEW NORMAL Everyone fortunate enough to remain employed as some companies had to shut down offices or undergo major retrenchment had to instantaneously adapt to the new routine Here s something that will surprise you Ever since the Work From Home model has come into effect work life balance has been affected Now you may be wondering if employees are working from home wouldn t that be good for their family life After all they are spending most of their time at home leaving them to have a better work life balance The truth is that work life balance has been highly affected because of the work from home model and the new normal As a matter of fact Seven in 10 Americans working from home during COVID 19 are struggling to maintain a healthy work life balance 65% of people admit that now that they re working remotely they re working longer hours than ever before 56% of people say they re more stressed about work than ever before when working from home during COVID 19 The average workday lengthened by 48 5 minutes following stay at home orders and lockdowns 40% of remote workers say unplugging after hours is the biggest challenge of working remotely 67% of people working remotely feel pressure to be available at all hours of the day 29% of remote workers say they struggle to have a work life balance compared to 23% of in office employees Though workfromhome has mostly been a blessing there are a few drawbacks the skewed work life balance is one of them According to the Harvard Business Review close to 190 billion is spent on employees facing burnout A poor work life balance is one of the major reasons for burnout and therefore must be

addressed at the earliest Especially given the unpredictable often under pressure workplace environment and the added blurring of lines between work and personal because of the need to work from home more often due to COVID If you want to have a more balanced life then it s important to understand what balance even is Because most people get it wrong and end up feeling stressed tired and overworked with no time for themselves their families and friends Well not anymore Because we are about to show you what is the right work life balance and how you can achieve it in the new normal quickly and easily

Learn How To Manage Your Work Environment During This Pandemic To Create A Better Work Life Balance A comprehensive guide that will help you to achieve work life balance as a remote worker get control of your life and adopt healthy lifestyle changes *Future Trends, Breakthroughs and Innovation in HRM* B. Beaula,V.A. Ragavendran, This book discuss the following potential trends and innovations that could shape the future of HRM Data Driven Decision Making The use of data analytics and artificial intelligence in HRM is expected to continue growing Remote Work and Hybrid Models The COVID 19 pandemic accelerated the adoption of remote work Skills Development and Lifelong Learning Continuous learning and upskilling are becoming essential due to the rapid pace of technological advancements Artificial Intelligence AI in Recruitment AI can streamline and improve the recruitment process by automating tasks like resume screening candidate sourcing and initial interviews Gig Economy and Contingent Workforce Management As the gig economy expands HRM will need to adapt to manage both traditional employees and contingent workers effectively ensuring fairness and compliance Diversity Equity and Inclusion DEI DEI initiatives are gaining prominence as organizations recognize the importance of creating inclusive workplaces Employee Experience EX HRM is shifting towards focusing on enhancing the overall employee experience [Applied Psychology for Nurses, 1e - E-Book](#) Xavier Belsiyal,2023-05-29 Reader friendly Richly illustrated with tables figures and schematic diagrams Relevant nursing implications of all significant psychological concepts included Chapter on Soft Skills and Self Empowerment for Nurses *Business and Professional Communication* Kelly M. Quintanilla,Shawn T. Wahl,2019-01-02 Recipient of the 2020 Textbook Excellence Award from the Textbook Academic Authors Association TAA Business and Professional Communication provides students with the knowledge and skills they need to move from interview candidate to team member to leader Accessible coverage of new communication technology and social media prepares students to communicate effectively in real world settings With an emphasis on building skills for business writing and professional presentations this text empowers students to successfully handle important work related activities including job interviewing working in team strategically utilizing visual aids and providing feedback to supervisors

*International Air Hostess Career Guide* Capt Shekhar Gupta, Sabita Lalung,2025-08-11 INTERNATIONAL AIR HOSTESS CAREER GUIDE by Ex Cabin Crew Sabita Lalung and Capt Shekhar Gupta Your Passport to a Sky High Career Begins Here Dreaming of a glamorous career that lets you travel the world meet new people and embrace adventure every day International Air Hostess Career Guide is your ultimate roadmap to becoming a confident world class cabin crew professional

Written by seasoned aviation experts Ex Cabin Crew Sabita Lalung and veteran pilot Capt Shekhar Gupta this guide offers real world insights expert tips and behind the scenes knowledge to help you break into the competitive airline industry Inside you ll discover The essential qualifications and personality traits airlines look for *The End of Work-Life Balance* Stefan Osthaus,2014-02-05 The first step toward improving bad work life balance is dropping the term Why is it that we view work as standing opposite of life What can help us improve the balance in our lives And can we learn to drop the term work life balance In this book you will find the inspiring introduction to the concept of Life Balance and learn how to assess it for yourself A collection of 75 Invaluable tips for more Life Balance and the tools to combine them into your personal Life Balance improvement plan make this book the ideal guide towards a more balanced life This book contains a 25 discount coupon for a membership on mybalance net where you can take an online Life Balance assesment and manage your Life Balance improvement plan online Organizational Behavior Michael A. Hitt,C. Chet Miller,Adrienne Colella,Maria Triana,2017-12-11 People processes and technology These are the three major drivers of business achievement The best leaders inherently understand that great companies start with great people This is as true now as it was during the beginning of the industrial revolution and understanding and staying current on the latest organizational behavior research and best practices paves the way for managerial success In this updated edition of Organizational Behavior theory new research and real world case studies are combined in an engaging manner to blend together the critical concepts and skills needed to successfully manage others and build a strong organization across all levels of a company Featuring an in depth view of the process and practice of managing individuals teams and entire organizations the text provides a solid foundation for students and future managers Work-life Balance Investors in People UK.,2003 No public library discount on this item 50 Things to Know About Having a Work-Life Balance Brandy Pan,2021-05-04 How do I optimize my days so I live a fulfilled life without regrets What choices can I make to have a better life balance when I juggle my busy life and work from home How can I reset and restore balance when I feel off If you re not sure of the answers to any of these questions then this book is for you 50 Things to Know About Having a Work Life Balance by Author Brandy Pan offers an approach to optimize your life in a growing virtual world Most books on work life balance address how to be successful in our lives before our world changed drastically in 2020 Although there s nothing wrong with that work from home life has become the new way to make work for you Based on knowledge from the world s leading experts pivoting to a new normal has changed everything from the way we work to our mental health how we shop and the ways we socialize To stay relevant and connected we re balancing and co adapting virtual life into our real life In these pages you ll discover new perspectives and reminders on how to navigate a balanced life in our advanced world and prepare us for the next technological growth This book will help you consider what s working and guide you to think about changes you want to make Balance is like a food that s fragrant and tasty and medicine to our mind bodies Finding the delicate balance for your life is going to leave you feeling satisfied By the time you finish this

book you will know if you're headed in the right direction for a whole and successful life and for this season. So grab YOUR copy today. You'll be glad you did. **The Management of Work-life Balance in Enterprises** Massimo Fattorini, 2004

7 Steps to Achieving Work-Life Balance B. Vincent, 2024-04-22 In today's fast-paced world, achieving work-life balance seems like an elusive goal for many. 7 Steps to Achieving Work-Life Balance: A Modern Guide is a comprehensive and engaging handbook that promises to transform the way you approach your professional and personal life. Drawing from the latest research and timeless wisdom, this guide offers practical strategies, insightful exercises, and real-life examples to help readers navigate the complexities of modern living. Beginning with a deep dive into the concept of work-life balance, the book unfolds through a meticulously crafted journey of self-assessment, goal setting, prioritization, and time management. It empowers readers to set and respect boundaries, embrace flexibility, manage stress, and incorporate self-care into their daily routines. Each chapter builds on the last, creating a step-by-step pathway towards a more balanced, fulfilling life. Whether you're a busy professional struggling to juggle career and family, a student trying to make time for your passions, or anyone in between, this guide speaks directly to the challenges and aspirations of modern individuals. It's not just about doing less work; it's about making more room for life. 7 Steps to Achieving Work-Life Balance doesn't promise a one-size-fits-all solution, but offers the tools and inspiration to create a personalized approach to living well. As you turn the pages of this enlightening book, you'll discover that achieving work-life balance is not only possible but essential for your well-being, productivity, and happiness. It's time to stop surviving and start thriving in both your personal and professional life. Let this guide be your first step towards a more balanced and joyful existence. Creating a Healthy Work-Life Balance - Strategies for Achieving Balance Between Personal and Professional Life Namaskar Books, 2024-11-22

Creating a Healthy Work-Life Balance: Strategies for Achieving Balance Between Personal and Professional Life Creating a Healthy Work-Life Balance is an essential guide for those seeking to strike a harmonious balance between their personal and professional lives. In today's fast-paced world, finding equilibrium between career demands and personal well-being can seem like an impossible challenge. This book offers practical strategies and valuable insights for managing your time, setting priorities, and fostering well-being without compromising your career aspirations. Whether you're feeling overwhelmed by work, struggling to make time for your loved ones, or simply looking to find more time for yourself, this book will provide you with the tools needed to regain control and achieve balance. You'll learn how to prioritize what matters most, implement effective time management techniques, and create boundaries that allow you to thrive both personally and professionally. Key strategies discussed in the book include: Identifying your priorities and setting clear boundaries between work and personal life. Effective time management techniques to maximize productivity without overworking. Learning to say no and protecting your personal time from work demands. Techniques for reducing stress and avoiding burnout. Integrating self-care practices into your daily routine for sustained well-being. Leveraging technology and productivity tools to streamline tasks and reduce mental clutter. Creating a



Healthy Work Life Balance is designed to help you develop a mindset that allows for success in both your career and personal life. With practical tips, real world examples and actionable steps, this book empowers you to lead a life that aligns with your values, enhances your productivity and improves your overall happiness. This book is perfect for busy professionals, parents, students or anyone looking to create more space for the things they love. If you're ready to break free from the cycle of burnout and stress and begin living a more fulfilling life with a healthy work life balance, this book is for you. Start creating the work life balance you deserve. Grab your copy of *Creating a Healthy Work Life Balance* and take the first step towards a more balanced, fulfilling life.

*7 Tips for Effective Work Life Balance* Swaminathan Sankaran, 2019-12-28. 7 Tips for Effective Work Life Balance: Time and Stress Management. Self Work Family Money Health Friends Entertainment Management Tips. *Work-Life Matters* David Pendleton, Peter Derbyshire, Chloe Hodgkinson, 2021-09-11. Work life balance isn't about where or how you spend your time. At least not solely. It's about where and how you use and replenish your energy. Work matters. Life matters. Work life matters. As we start to navigate life during and after the pandemic, employers and employees are increasingly re-evaluating how work can be made more sustainable and more fulfilling. Many employees, particularly Gen X and Gen Z, are seeking a new psychological contract with their employers. Putting these trends into context and offering practical solutions, this book takes a deep dive into why work matters as part of a healthy and fulfilling life. The authors present a new and different way of thinking about the matter of balance, arguing that there is no hard divide between work and life because work takes place entirely within life and you can't balance two things when one is a subset of the other. To achieve the balance required for a healthy existence, we need to recognise that there are activities in all parts of work life that drain our energy and others that give us a buzz. Rather than trying to solve the drain of hard work by living it large at the weekend or compensating for an unfulfilling home life by working like a demon, we need to create balance at work and balance at home. Now is a golden opportunity to re-examine the world of work and job craft to make them more satisfying, less draining and more energising. The ideas in this book provide a practical guide to help that process.

**Achieving Work-Life Balance** Zaria Dusk, 2025-03-13. Discover the keys to creating a harmonious and fulfilling life in *Achieving Work Life Balance: A Comprehensive Guide* by Zaria Dusk. This thoughtful and insightful book dives into every facet of work life balance, exploring practical strategies, cultural influences, professional demands and future trends. Through well-researched insights and actionable advice, Zaria presents a roadmap to help readers reclaim control of their time and energy. Whether you're navigating the challenges of remote work, grappling with the demands of entrepreneurship or seeking balance as a healthcare professional, this guide offers invaluable tools to help you succeed. It's not just about balancing work and family; it's about creating a life of purpose, satisfaction and well-being.

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