

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 For Kids Tips

Joacim Rocklöv



Work Life Balance For Kids Tips:

The Working Dad's Guide to Raising Confident and Resilient Kids Aurora Brooks, 2023-09-13

The Working Dad's Guide to Raising Confident and Resilient Kids is a must read for any father looking to navigate the challenges of balancing work and family life while raising confident and resilient children. This short read book provides practical advice and actionable strategies to help working dads prioritize their time, build strong relationships, and support their children's emotional well-being. In the first section, Setting Priorities and Managing Time, readers will learn how to effectively manage their time and set priorities to ensure they are able to be present and engaged in their children's lives. From creating a schedule to setting boundaries, this section offers valuable tips for busy working dads. The next section, Building Strong Relationships, explores the importance of building strong connections with your children. It provides guidance on how to foster open and honest communication, establish trust, and create a loving and supportive environment at home. Active Listening and Communication delves deeper into the art of active listening and effective communication. It offers practical techniques to improve listening skills and foster meaningful conversations with your children, helping them feel heard and understood. Quality Time and Family Activities emphasizes the significance of spending quality time with your children. It provides a range of ideas for fun and engaging family activities that promote bonding and create lasting memories. The book also addresses the crucial topic of Supporting Emotional Well-being. It offers strategies for helping your children navigate their emotions, build resilience, and develop a positive mindset. Instilling Confidence and Resilience focuses on empowering your children to become confident and resilient individuals. It provides practical tips for boosting self-esteem, encouraging independence, and fostering a growth mindset. As a working dad, being a role model is essential. The section on Being a Role Model explores the importance of leading by example and offers guidance on how to demonstrate positive values and behaviors for your children to emulate. Nurturing Individuality and Independence encourages fathers to support their children's unique interests and talents. It provides insights on how to foster individuality and independence while still providing guidance and support. Encouraging Self Expression emphasizes the importance of allowing your children to express themselves freely. It offers strategies for creating a safe and supportive environment where your children feel comfortable sharing their thoughts and feelings. Supporting Personal Goals and Dreams provides guidance on how to encourage and support your children in pursuing their personal goals and dreams. It offers practical advice on setting realistic expectations and providing the necessary resources and encouragement. The book also covers topics like this title is a short read. A Short Read is a type of book that is designed to be read in one quick sitting. These no fluff books are perfect for people who want an overview about a subject in a short period of time. Table of Contents: The Working Dad's Guide to Raising Confident and Resilient Kids, Setting Priorities and Managing Time, Building Strong Relationships, Active Listening and Communication, Quality Time and Family Activities, Supporting Emotional Well-being, Instilling Confidence and Resilience, Being a Role Model, Nurturing Individuality and Independence.

Encouraging Self Expression Supporting Personal Goals and Dreams Staying Involved in Your Child s Life Attending School Events and Activities Engaging in Meaningful Conversations Seeking Support and Balancing Responsibilities Building a Support Network Setting Realistic Expectations Embracing Flexibility and Adaptability Frequently Asked Questions Have Questions Comments *The Working Dad's Guide to Building Strong Relationships with their Kids* Aurora Brooks,2023-09-13

The Working Dad s Guide to Building Strong Relationships with their Kids is a must read for any father who wants to create a deep and meaningful bond with their children In today s fast paced world it can be challenging for working dads to find the time and energy to connect with their kids This book provides practical advice and strategies to help dads build strong relationships with their children even in the midst of a busy schedule The book begins with a discussion on the importance of quality time versus quantity time It explores how dads can make the most of the time they have with their kids and create meaningful experiences that will last a lifetime Effective communication and active listening are also key components of building strong relationships and this book offers valuable tips on how to improve these skills Encouraging expression and creating rituals and traditions are other important aspects of building strong relationships The book provides ideas and suggestions for fostering open communication and creating special moments that will strengthen the bond between father and child Shared hobbies and interests as well as family traditions are also explored as ways to connect on a deeper level Being present and engaged is crucial for building strong relationships and the book offers strategies for setting boundaries and creating technology free zones to ensure quality time with the kids Emotional support empathy and compassion are also discussed as essential elements of a strong father child relationship Flexibility and adaptability are important qualities for working dads and the book explores how to balance work and family life It offers suggestions for flexible work arrangements and emphasizes the importance of being present in the moment and leading by example Respecting others practicing self care and supporting individuality are also key themes in the book It provides guidance on setting boundaries for work and taking care of oneself to ensure a healthy and balanced life Creating lasting memories supporting personal goals and celebrating differences are other topics covered in the book It offers practical advice on how to create memorable family vacations capture special moments and encourage each child s unique interests and aspirations The book concludes with a section of frequently asked questions providing answers and additional insights for dads who want to further enhance their relationships with their kids If you have any questions or comments about *The Working Dad s Guide to Building Strong Relationships with their Kids* the author welcomes your feedback This book is a valuable resource for any working dad who wants to create a strong and lasting bond with their children This title is a short read A Short Read is a type of book that is designed to be read in one quick sitting These no fluff books are perfect for people who want an overview about a subject in a short period of time

Table of Contents *The Working Dad s Guide to Building Strong Relationships with their Kids* Quality Time vs Quantity Time Effective Communication Active Listening Encouraging Expression Creating Rituals

and Traditions Shared Hobbies and Interests Family Traditions Being Present and Engaged Setting Boundaries Technology Free Zones Emotional Support and Understanding Empathy and Compassion Encouraging Emotional Expression Building Trust Keeping Promises Being Reliable Flexibility and Adaptability Flexible Work Arrangements Being Present in the Moment Leading by Example Showcasing Work Life Balance Respecting Others Self Care and Well being Setting Boundaries for Work Practicing Self Care Creating Lasting Memories Family Vacations Capturing Moments Supporting Individuality Encouraging Personal Goals Celebrating Differences Frequently Asked Questions Have Questions Comments

Work-Life Balance: Essential or Ephemeral? Andreas Schwingshackl,Stephania A. Cormier,Kanwaljeet J. S. Anand,2017-09-28 Burn out and suicide rates among physicians and scientists in academic medicine are at an all time high and jeopardize the future of our entire profession In the last 4 years alone burn out rates among physicians have increased by 25% In a recent 2017 Medscape publication burn out rates in Critical Care physicians ranked in 9th place and Pediatricians ranked 13th among 27 subspecialties Astonishingly over 50% of the participants reported burn out symptoms with clear race and gender disparities While men generally report higher burn out rates than women it is important to emphasize that response rates from women in these surveys were notoriously low and may not represent the complete picture These numbers are even more dismal for tenured academic faculty at research extensive universities In this group emotional exhaustion i e high burn out is reported at 35% with a clear association with age and lower burn out levels in the older tenured faculty While no gender or racial ethnic differences were found in this particular group higher levels of burn out were identified in individuals with financial responsibilities beyond a spouse and child While it is comforting to note the increasing public interest and research activities in this field successful approaches to ameliorate the burden and consequences of physician burn out are still inadequately developed Academic centers increasingly offer some type of work life balance program to their employees but unfortunately these programs are frequently adopted from corporate business models and remain largely ineffective in the academic environment It should be evident to most administrators that the stressors of academic clinicians and scientists substantially differ from those of corporate employees Based on these observations and over 75 years of combined experience in academic medicine amongst the three editors of this Research Topic we collected 26 manuscripts from 22 authors at different career stages and different genders ethnicities marital status and subspecialties to identify and stratify common and specific stressors and therapeutic approaches to ameliorate burn out and achieve work life balance in academic medicine We are confident that each reader will identify with at least one if not several of the authors opinions experiences and approaches to attain greater work life balance and thereby avoid the consequences of burn out in modern academic medicine

The Rough Guide to Babies & Toddlers Kaz Cooke,2009-03-02 The Rough Guide to Babies Toddlers is the funny reassuring and practical guide that all new and old parents have been looking for with no judgmental guru speak about the right way to do things just a range of great solutions for you to choose from Written by the award winning author Kaz Cooke an author and

mother whose trademark light hearted practical style and witty cartoons make this book pleasurable as well as informative The user friendly sections are inspired by real life chapters include Getting through the first weeks which gives new mums and dads the low down on bosoms bottles bonding the blues and mum s post baby body Realistic and with a healthy sense of humour the guide offers practical suggestions for dozens of scenarios you might encounter with your new bundle of joy or little terror as well as addressing what you might be going through as new parents don t miss the hilarious How to Be Perfect routine for new mums adjust push up bra exfoliate feet clean up sick The eagerly awaited sequel to the best selling The Rough Guide to Pregnancy Birth is finally here to save your sanity with good advice great humour and a lot of understanding

A Field Guide to the Apocalypse Athena Aktipis,2024-04-09 A common sense field guide to understanding surviving and thriving in our time of complex chaos and crises Is this finally it The end times Because from COVID 19 to climate catastrophe to the looming AI revolution not to mention the ever growing background hum of rage fear and anxiety it s starting to feel like the party we call civilization is just about over The good news It s always felt that way Drawing on evolutionary psychology history brain science game theory and more cooperation theorist and coincidentally zombie expert Athena Aktipis reassuringly explains how we as a species are hardwired to survive big existential crises And how we can do so again by leveraging our innate abilities to communicate and cooperate Pack a ukulele in your prep kit Practice your risk management skills Enlist your crew into a survival team And embrace the apocalypse You might just enjoy it Plus it will help us build a better and more resilient future for all humankind [The Wall Street Journal Guide to the Business of Life](#) Nancy Keates,2007-02 Almost Everything You Need to Know About Leading the Good Life Too many decisions Too many choices What today s smart consumer must have is a money and time saving guide for conducting the business of life both the big challenges such as getting top notch health care for the family and the best education for the kids and the pleasurable ones like plotting the family summer vacation Nancy Keates and her expert colleagues atThe Wall Street Journalprovide all new material that gives the lowdown on The Savvy Traveler How to cut to the chase and not only avoid the indignity of cramped plane seats and overpriced tickets but also get the best and safest seats at the same time The Fine Art of Dining and Drinking Landing the hottest table in town at a discount picking wine without becoming a wine snob and learning about barley matters the newest hottest beers How to Speak Geek Demystifying tech trends with smart advice on not only what high tech gadgets to buy but how to shop for them Everything You Need to Know About Buying Selling and Financing a Car How to get the best and safest vehicle at the best price Real Estate Will the bubble burst Here s how to be an informed buyer and seller along with the basics of remodeling and designing your home How to Be an Informed Patient Choosing a hospital playing private investigator with your M D and learning about the tests you really ought to have even if you have to pay for them yourself Getting Real Bang for Your Education Bucks What you need to know from preschool through college and graduate school The Great Balancing Act Managing work and family and finding out how to avoid the overstretched child and parent syndromes

Financing Your Life It was easy in the 1990s but the world has changed dramatically Here s how to deal with the new world of saving investing and borrowing money Shopping The New Sex Throw away your Kama Sutra The number one thrill in shopping is getting a good deal here s how to play the game and get the best stuff at the best price The Wall Street Journal Guide to the Business of Life is both an instruction manual for living life to the fullest and a fun read about what really matters in the day to day It has all the basic insight and information you need to navigate through life along with hilarious side trips such as The Three Decorator Experience and Cruises Sailing New Waters From the Hardcover edition *Teach Yourself - Green Parenting* Lynoa Cattanach,2007 Green your baby Teach Yourself Green Parenting provides you with the means for raising your child to be an ethical environmentally aware adult It takes you beyond the basics of washable versus disposable diapers to issues involving pregnancy childbirth education travel clothing toys and much more *Motivating Employees For Dummies?* Max Messmer,2001-05-15 Motivating Employees For Dummies shows business leaders how to communicate effectively with employees increase their sense of responsibility and promote excellent teamwork Full of creative solutions to almost every kind of day to day situation this handy guide offers everything business leaders need to increase employee performance and morale Whether you re the CEO of a Fortune 500 company the owner of a mom and pop shop or a manager with just a handful of employees under you Motivating Employees For Dummies shows you how to get more effort and production from employees without threats or intimidation For anyone who needs to understand and master simple effective motivational techniques this book covers all the bases Learn to communicate with employees Provide a strategic vision that motivates others Create a dynamic inspiring workplace and corporate culture Show employees you care Establish a mentoring program Design a fair and motivational compensation scheme Encourage workplace diplomacy not politics Expert author Max Messmer Chairman and CEO of the world s largest specialized staffing firm reveals the secret and not so secret tricks to motivating employees in a positive manner From communication to compensation and everything in between he covers all the angles giving you the tools and techniques you need to get fair effort for fair pay from the people who work for you Inside you ll find how to See how your firm rates in employee motivation Establish values and ethics your people can believe in Encourage and manage employee feedback and suggestions Foster creativity and open thinking Choose the right medium for communicating with employees Manage the appraisal process Recognize and reward effort and success Understand and promote true teamwork Manage motivation through downsizing or mergers Deal with negative attitudes and habitual behaviors Today it is more important than ever that business leaders find effective employee friendly ways to motivate their people This handy guide offers all the tools and ideas you need to keep your employees happy and productive *Career Coaching Your Kids* David H. Montross,Theresa E. Kane,Robert Jay Ginn,1997 Shows parents how to help their children make career decisions [Sourcebook on Parenting and Child Care](#) Kathryn Hammell Carpenter,1995 This thorough and well written source book will be useful to professionals parents students and acquisitions librarians Nothing else

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Home Alone Kids Bryan E. Robinson,1990-04 **Zero to IPO: Over \$1 Trillion of Actionable Advice from the World's Most Successful Entrepreneurs** Frederic Kerrest,2022-04-19 WALL STREET JOURNAL BESTSELLER From the cofounder of a 40 billion software company comes an invaluable guide packed with 1 trillion worth of advice from some of the world s most successful and recognizable entrepreneurs Over the past 20 years first as an early employee at Salesforce and later as a cofounder of Okta a publicly traded software company now valued at over 40 billion Frederic Kerrest has met the most successful entrepreneurs and investors in Silicon Valley and beyond He s discussed every angle of entrepreneurship with them what works what doesn t and what to do when things get rough and he s taken notes The result is this unmatched blueprint for building and growing a business drawn from his own experience as well as that of his fellow visionaries and business leaders who have collectively built over 1 trillion worth of wealth for themselves and their investors They include Marc Andreessen and Ben Horowitz Andreessen Horowitz Eric Yuan Zoom Stewart Butterfield Slack Aneel Bhusri Workday Julia Hartz Eventbrite Aaron Levie Box Fred Luddy ServiceNow Melanie Perkins Canva Patty McCord Netflix Sebastian Thrun Udacity and dozens of other luminaries These ideas and practices aren t taught in business schools They ve been learned the hard way through trial and error in the real world of business Kerrest has battle tested them himself so he knows their power Organized by topic in roughly the order that leaders will encounter them as they scale their businesses this book is the ultimate guide to taking a company all the way from founding to IPO and beyond **The Family Manager Saves the Day** Kathy Peel,2004 For every mother who s at the end of her wits Peel shares her proven organizational systems common sense approach and hundreds of easy tips to alleviate everyday parenting stress **Business Review Weekly** ,2007

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