

Is work/ life balance important?



Experts are realising that balance means different things to different people. The word balance can be misleading as it is not always possible to have a perfectly balanced work/life schedule. What's important is defining what balance means to you and finding ways to achieve that.

Work/life balance is about having a measure of control over when, where, and how you work. This enables you to enjoy an optimal quality of life. Finding balance between work and life is not just about reducing your working hours, even though for many people it means just that. Some enjoy working long hours. Are they wrong?

Not necessarily. What balance means to you depends on your situation, age, responsibilities, and many other variables. If you enjoy working long hours or do so temporarily to get ahead, it may be every bit as rewarding as working part-time is for someone who wants to spend more time with their family.

Here are some ways to move closer to maintaining your work/life balance, even if you have to work a bit harder at times:

- **When problems arise, keep perspective.** Bad times come and go. Whatever it is, it will pass too.

- **Eat well.** Eat a variety of healthy foods every day. Include more fresh fruit and vegetables in your diet.
- **Exercise regularly.** Aim to workout for 20-30 minutes, 5 days a week.
- **Sleep.** Aim for between 7 and 8 hours of sleep a night.
- **Be positive.** Try to reframe problems as challenges and negative events as positive. You'll be surprised at the difference this makes on your stress levels.
- **Nurture relationships.** Make time for friends and family and share your worries with them. It may be hard but try to take some time out to do the things that you enjoy.
- **Manage your time.** Prioritise tasks and learn to share responsibilities with others.

Work/life balance is a juggling act; one that is important to maintain your general health and wellness. Like with all things, the best approach to balancing your life and work is ensuring a degree of moderation for both.