

# 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.

## 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.

## 03. TURN OFF

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

## 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!

## 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.

## 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.

## 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.

## 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.

## 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.

## 10. DRINK WINE

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

## 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.



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/>

# Life In The Balance 7 Strategies For Making Life Work

**Rupinder Ganaka**



## **Life In The Balance 7 Strategies For Making Life Work:**

*Life in the Balance* Michael Komara, 2015-01-28 Seven Strategies for Making Life Work Stop existing Start living Don't settle for drudgery We were designed to dance on this planet not tote it around on our backs Business leader and author Michael Komara challenges readers to change their trajectory from settling for average to striving for excellence from thinking small to dreaming big all for the joy of feeling truly alive With wit and wisdom Komara explores seven key areas Family Friends Fitness Fun Finances the Firm your work and topping it off with Faith Learning these seven strategies will equip you to achieve the one goal that eludes most people a truly abundant life **Life in the Balance** Michael B.

Komara, 2014-09-09 Stop existing Start living Don't settle for drudgery We were designed to dance on this planet not tote it around on our backs Business leader and author Michael Komara challenges readers to change their trajectory from settling for average to striving for excellence from thinking small to dreaming big all for the joy of feeling truly alive With wit and wisdom Komara explores seven key areas Family Friends Fitness Fun Finances the Firm your work and topping it off with Faith Learning these seven strategies will equip you to achieve the one goal that eludes most people a truly abundant life

*Life in the Balance* Michael B. Komara, 2014-10-09 Seven Strategies for Making Life Work Stop existing Start living Don't settle for drudgery We were designed to dance on this planet not tote it around on our backs Business leader and author Michael Komara challenges readers to change their trajectory from settling for average to striving for excellence from thinking small to dreaming big all for the joy of feeling truly alive With wit and wisdom Komara explores seven key areas Family Friends Fitness Fun Finances the Firm your work and topping it off with Faith Learning these seven strategies will equip you to achieve the one goal that eludes most people a truly abundant life Live Life Beyond the Laundry Christy Tryhus, 2012-07-10 Live Life Beyond the Laundry focuses on helping busy women learn to manage all life's responsibilities so they have more time and energy for what's really important Aim to increase your work life balance and lead a life filled with joy happiness and success This book will guide you to improve the quality of your life by recapturing the focus and fun lost by the speed and chaos of your day to day activities Learn to shift your life from chaos to calm Live Life Beyond the Laundry shows you how to get focused organized and have more time each day This book includes practical strategies to Create Me Time Learn to say No Create a Balancing Act Beat Procrastination Reduce feeling overwhelmed Have fun and enjoy life to the fullest Achieve what most busy women only dream of achieving work life balance Life was meant to be enjoyed not tolerated Learn how to slow down and enjoy life This book is dead on with how busy women get sucked into chaos Christy's 7 strategies to shift from chaos to calm are practical easy to implement and presented in a thoroughly entertaining and relatable way Christina Tracy Stein co author of Kiss That Frog 12 Great Ways to Turn Negatives into Positives in Your Life and Work Christy Tryhus is someone who can personally endorse the concept of having a Simply Balanced Life She is completely committed to helping people learn to Live Life Beyond the Laundry This book has many great tools that are

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**Impact of Teleworking and Remote Work on Business: Productivity, Retention, Advancement, and Bottom Line** Chandan, Harish Chandra, 2024-04-26 The surge in remote and hybrid work arrangements has sparked a paradigm shift in the employment ecosystem While remote work offers employees the coveted flexibility and freedom from daily commutes it also introduces challenges such as isolation reduced visibility and questions about productivity Impact of Teleworking and Remote Work on Business Productivity Retention Advancement and Bottom Line delves into the multifaceted impact of teleworking on businesses exploring how different organizations grapple with these challenges drawing on the experiences of industry giants like Google and IBM It carefully dissects the advantages and disadvantages of teleworking addressing distractions cybersecurity concerns and the polarized nature of remote work across global and skill dimensions The book presents an exploration of solutions tailored for diverse stakeholders From strategies to enhance employee productivity and maintain confidentiality to fostering human connections and tackling the challenges faced by new hires each chapter offers actionable insights Employers employees and management teams will find guidance on creating a collaborative and innovative remote work culture mitigating distractions and striking a balance between work and personal life The suggested topics span the gamut of remote work intricacies from the relationship between remote work and job satisfaction to strategies for maintaining connections between managers and remote employees With small medium and large companies government agencies and universities as the target audience the book serves as a strategic guide for entities seeking to harness the potential of remote work while mitigating its challenges

**The Routledge Companion to the Future of Management Research** David Crowther, Shahla Seifi, 2023-09-14 The management of organisations continues to evolve as new priorities emerge and new approaches are developed Thus it is clear that research into business and management will also continue to evolve This will be in terms of both what is researched and in terms of the techniques and methods used to conduct research Such development will continue into the future and this book highlights evolving areas It also suggests new topics which are emerging and new techniques to conduct such research topics and techniques that will be of benefit to researchers The unique focus on the future of research methods in management the emergence of topics in contemporary management and sustainability research and practices such as sustainability and circular economy will set this volume apart With coverage of new and emerging subjects in management studies such as sustainability zero carbon green market and circular economy and the international collaboration with contributors from all around the globe this major interdisciplinary reference volume will be of interest and great value to researchers academics and advanced students in the

fields of business and management research and appropriate methodologies      The Psychological Contract: Managing and Developing Professional Groups Christeen George, 2009-10-16 What is the psychological contract How do the psychological contracts of professional workers change over time Do professional workers feel more committed to their profession or to their employing organization Can psychological contracts be managed These are some of the key questions addressed by this book in its examination of the role played by the psychological contract in the developing careers of professional workers The book seeks to make sense of the organizational experiences of the professional worker by drawing on several areas of research including the psychological contract social identity theory theories of career development and retention The author uses real life examples and short case studies to situate psychological theory within organizations Beginning with an introduction of the history and concept of the psychological contract the book provides an overview of the major areas of research However it goes beyond a simple description to focus on the careers of professional workers from factors influencing the entrance into a profession to the process of developing professional identities and career progression The developing professional career may involve a progression to managerial responsibilities which can lead to organizational conflict The book offers insights into the influence of the psychological contract when it comes to critical career decisions including a discussion of the consequences of psychological contract violation Finally the role of HR is examined with reference to the management of the psychological contract and the retention of key professional workers within organizations The book is key reading for all psychology students especially those specializing in occupational organizational work and business psychology It will also be of interest to HR students and HR professionals business students and health professionals      Remote Learning Made Easy During the Pandemic Rupinder Ganaka, 2025-01-03 The illustrations in this book are created by Team Educohack Remote Learning Made Easy During the Pandemic is an authoritative guide designed to support students and faculty navigating the challenges of remote education during the COVID 19 pandemic This book offers a comprehensive overview of key topics ensuring a clear understanding of both direct and indirect outcomes of learning in this unique context Salient Features Well crafted text tailored to meet the needs of students and faculty Organized into 17 chapters for easy cross referencing and understanding Includes various illustrations to explain the nuances of remote learning helping students grasp the concepts easily Provides practical examples and physical contexts for adapting to remote learning Discusses the challenges of remote learning and offers solutions to overcome them Presents information in a point by point manner to enhance comprehension Includes chapter summaries and thought provoking inquiries to help students prepare confidently for examinations Offers practical insights to understand and implement remote learning effectively Remote Learning Made Easy During the Pandemic is a valuable resource for anyone seeking to enhance their remote learning experience and overcome the challenges posed by the pandemic      The Torrance Kids at Mid-Life Garnet Millar, 2002 This work describes the original sample of students from two Minneapolis schools in 1958 and the

longitudinal study envisioned by Dr E Paul Torrance then director of the Bureau of Educational Research at the University of Minnesota to assess their adult creative achievements

The Myth of Work-Life Balance Richenda Gambles, Suzan Lewis, Rhona Rapoport, 2006-04-24 Many regard the ways in which paid work can be combined or balanced with other parts of life as an individual concern and a small rather self indulgent problem in today's world Some feel that worrying about a lack of time or energy for family relationships or friendships is a luxury or secondary issue when compared with economic growth or development In the business world and among many Governments around the world the importance of paid work and the primacy of economic competitiveness whatever the personal costs is almost accepted wisdom Profits and short term efficiency gains are often placed before social issues of care or human dignity But what about the impact this has on men and women's well being or the long term sustainability of people families society or even the economy Drawing from interviews and group meetings in seven diverse countries India Japan the Netherlands Norway South Africa the UK and USA this book explores the multiple difficulties in combining paid work with other parts of life and the frustrations people experience in diverse settings There is a myth that work life balance can be achieved through quick fixes rather than challenging the place of paid work in people's lives and the way work actually gets done As well as exploring contemporary problems this book attempts to seed hope and new ways of thinking about one of the key challenges of our time

*More Time, Less Stress* Judi James, 2003 In *More Time Less Stress* top business consultant Judi James explains the keys to effortless time management She reveals her Top Ten time management tips and explains how to manage stress and become more assertive and creative in your thinking She includes tips for organising your home and personal life too Provides ten top time management tips you can put into operation immediately Explains how to prioritise and delegate Shows you how to organise your workspace and make technology your friend Reveals how to apply time management skills to your home and personal life Explains how to handle stress Provides tips for handling office politics meetings and faster decision making And much more

Holding a Job, Having a Life Jill Casner-Lotto, 2000 Based on the findings of a two year study by Work in America Institute investigates how companies and employees in a variety of industries are pursuing a dual agenda strategy boosting business performance and improving employees work life balance Focuses on strategies companies can use to achieve this dual agenda by involving employees in the redesign of work practices and routines and changing corporate cultures Comprises a report and 13 discussion papers and case studies

Journal of End User Computing, 1998

**In Pursuit of Attorney Work-life Balance** Susan Saab Fortney, 2005

*Business Periodicals Index*, 2006

Executive Values Kurt Martin Senske, 2003 Dr Kurt Senske demonstrates to a business world full of corporate scandals the relationship between adhering to one's values and organizational success that is companies can do well by doing good and it is our biblically based values which enable us to succeed The book provides Christian based approaches to business leadership and practice The book also draws on research and professional experience includes examples both positive and negative from many industries and types of

organizations      **Leisure, Recreation, and Tourism Abstracts** ,2009-03      **Academy of Management Annual**  
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