

Being the Best You / Work-Life Balance

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One of the most challenging parts of living a healthy lifestyle can be directly correlated with our everyday activities; what we do every day has ramifications that can last a day, a month, a year or potentially the rest of our lives. One important thing to consider is having a balance between your work life and home life. Being able to leave work at work and keep personal issues at home can be a challenge. Have you ever been told to leave your job at the door or the gate? I know I have! I have also talked with fellow co-workers that feel the same way. Sometimes we can't leave it at work and sometimes we can't leave it at home, so how do we cope? One way to cope is by talking to the people we trust. This could include co-workers, supervisors, family and friends.

The Do's and Don'ts: Things to Consider

Don't let things eat at you. If something is bothering you find the right way to communicate it with the people you trust and confide in.

Find the solution to your problem; don't let the solution find you.

Count on the people that are close to us. Our family and friends will tell us "how it is". We may not hear what we want to hear and that's ok.

Working long hours without taking time to relax will take its toll on your overall health. Find time to relax when appropriate.

Don't put too much on your plate. Too much will lead to exhaustion and be the start of the fall.

Time management is essential in both areas.

The ability to find humor in difficult situations is a winning practice. It's okay to laugh out loud.

Healthy breaks at work and home can clear the mind. Reset and refresh.

Try stretching or going on walks throughout the day. This will improve your health and overall wellbeing. Find time to take care of yourself by eating healthy and exercising. Balance your stress. Find an outlet or way to cope. A lack of balance can create conflicts at work and at home.

Being relaxed and well rested increases productivity and improves work performance.

Personal and professional relationships are strengthened and conflicts are avoided when there is work life balance. Plan for time off and use vacations to get away and reset. Avoid the burnout.

Having a balance between work and home life can be both challenging and rewarding. You will become healthier both mentally and physically; you will be more productive. This could lead to lasting benefits in each environment. A healthy balance between work and home should be a priority for everyone.

