

Modern worklife balance

February 2016 Newsletter



Have you heard of Rocky Byun¹ — the performer who is a master of balance? He amazes people by balancing chairs, eggs, motorcycles, bottles, people — really almost anything — in ways that seem barely possible.

These days, we could all use his skills. And that's especially true when it comes to striking a balance between our work and personal lives.

Creating equilibrium between work and life

Rocky uses the laws of gravity and physics to perform his balancing feats. But those rules don't apply to everyday life.

Work and life are ever-changing. So are your needs and those of your loved ones. Today's demands are different from what they were yesterday and what they will be tomorrow. Is balance possible?

Balance matters

We want balance in our lives so we can earn a living, reach our career goals and still get pleasure from our family, home and community lives.

Balance can help you enjoy:

- A gratifying work life
- Opportunities for learning and development
- Time to enjoy your family and friends, play sports, pursue hobbies and travel
- Less stress and better health

Ways to achieve balance

Balance is within reach if you stay flexible and aware of your own desires. Here are some tips²:

- 1. Be clear and open about your needs.** What matters to you? Do you want to be home at 6 PM for dinner with the kids? Do you need half an hour off during the day to walk or meditate? No one can guess your needs; you need to make them known.

Of course, managers can't meet every employee's desires at every moment. Communicate openly and appropriately at work to find out how you can achieve balance in the context of your job.
- 2. While you're at work, make the most of your work day.** That way you can really get things accomplished. Are your tasks clear to you? If so, you're less likely to spin your wheels on things that don't matter. If not, ask for clarification so you can use your day productively.
- 3. Give yourself permission to disconnect.** We've all heard how important it is to turn off our devices for an hour or half hour each day. Have you tried it? Unplugging your phone, laptop and/or tablet carves out time to be in the "now" without intrusion.
- 4. Meet needs as they occur.** Sometimes work demands more of you. Sometimes your personal life takes priority. Try to pace yourself according to real demands rather than putting time and energy into items that may belong on the back burner for the moment.

Balance is not an end, but a process

We can't expect our lives to be balanced at every moment. When you find yourself feeling off balance, it can help to think of it as a call to action. Like Rocky Byun, you're the expert at balancing your own life.

¹www.youtube.com

²www.entrepreneur.com