Work, Play, And Type: Achieving Balance In Your Life

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want to enjoy
Work-life balance is also often defined as something you attain over time: slave away now so that you’ll have the financial freedom to take an early retirement later. It’s the classic model of working 80-hour weeks in the city before moving out to the suburbs and starting a family, or “escaping to the country” to enjoy your pension. The first step towards achieving this kind of balance is to define what is important for you; that is, your own definition of what you need to balance in order to feel fulfillment in your life. One approach to defining what matters to you is The “Big Rocks” of Life by Dr. Stephen R. Covey, the most important and meaningful priorities in your life ahead of all the other little tasks and distractions. Achieving work-life balance: Harness better mental health. Redress your work-life balance and improve mental wellbeing with some top tips from Dr Pablo Vandenabeele, clinical director for mental health at Bupa UK. Take a step back from your daily pressures and use it as an opportunity to troubleshoot common stresses and strains with the aim of creating a happier, healthier future. Do you ever find yourself suffering sleepless nights, tension headaches, an occasional pounding heart or an unusually short temper? You’re not alone. The stresses and strains of a professional career can have a hug