EQUILIBRIUM

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Just enjoy your work. Live life easy.

These are just common words of encouragement that we often hear when things at work don’t seem to be bearable.

Work is just part of the life we live in. There are various aspects in life that need our attention and energy. Most of the time, if not always, workers find it hard to divide their time and energy.

With the current technology, workers can be reached around the clock. Work does not end when you log out in the biometrics at five o’clock in the afternoon on a Friday. You shall be receiving a text message on your phone or a call perhaps. At times a message in your messenger that is work-related. Are we going to ignore them when we are out of our official time? Or shall we still be entertaining them?

An employee may experience unhealthy level of stress or reduced productivity when there is no harmony in one’s work and personal life. Here are some of the things I learned on how to have balance in work and in life. First, there is a need to prioritize in order to have your top priority to focus on. Then identify the next priorities. After which, manage your time in order to accomplish the priorities you set. Don’t forget to devote time for things you enjoy doing either alone or with your family or with friends. Setting boundaries can help to balance your life and work as well. Finally, learn to say “no” for requests that won’t fit your schedule or are not align with your priorities though I know it is very hard to do.
In one of my readings, an author said that we must not get too busy making a living that we forget to make a life.