WORK-LIFE BALANCE

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Do you ever feel exhausted during the workweek or maybe you dread going to work because of workloads? Dealing with a worldwide pandemic, getting fired on respective jobs, changing career paths, unemployment, business challenges, and being stuck at home for the longest time has taken a huge toll on our well-being.

Work-life balance. As the word suggests, it is basically about finding your passion and congruently achieving your goals or tasks while holding yourself accountable to achieve the best at-home version of yourself. Can work and life be truly separated? It is not easy as we thought it would be.

Here are the two ways on how you can manage it: First, mindfulness. Mindfulness will help deepen your capacity to be more attentive and to work more efficiently while handling the stressors and challenges of daily life. It takes preparation and practice to cut through clutter and time to establish a routine. Practicing mindfulness helps you manage being distracted by helping you analyze it before giving in to them. Second, stay focused on one task until completion, then accomplish the next when it’s done. These two enables you to understand the importance of completing work-related tasks first and prioritizing them over your temptations. No one else is going to set or manage your work-life balance so you need to be clear, confident, and realistic in setting your capacity and boundaries. You need to realize that your body and mind needs break. You can keep up the work, but give yourself a break too.

Reference:
https://siyli.org/work-life-balance/