

Ideas for Work-Life Balance

1. Unplug yourself from electronics daily. For instance, come up with a 'rule' that you take no devices to bed. Or you unplug ½ hour before bedtime.
2. Find some form of exercise that you really like to do (doesn't have to be a gym!).
3. Learn how to say no. Taking on too much because you feel like you have to is a time and energy sucker.
4. Food is mood. Reassess what you eat daily and look for more whole foods/less processed foods.
5. Get a handle on your stress. Practice mindfulness, yoga, talk to a friend, take deep breaths.
6. Take up a hobby, dust a hobby off, or ramp up an existing hobby.
7. Connect with your friends routinely.
8. Create good boundaries when you are not at work. If you aren't supposed to be available then don't be available.
9. Clean out the clutter. Clean off your desk, clean out your basement, file old papers. Get clutter out of your life.
10. Value your balance. Make it an important objective.