



Balance & bliss

Georgina Howden, Wellness & Lifestyle Manager

Is work-life balance a myth?

"So busy" and "hectic" have become common responses to "Hi, how are you?".

Is work-life balance a myth?

Hustle culture, which is the concept that to get ahead in life, you need to work long hours and put self-care on the back burner, has caught up with us all.

The hashtag [#sidehustle](#) has more than 4.2 million posts on TikTok with influencers sharing ideas on how to 'hustle harder' and take on more. Has it become a toxic cycle that promises happiness if we achieve a specific goal?

Living a life of "to do lists" and "shoulds" can lead to burnout, chronic stress and anxiety. So how do you know when you're just being productive and when that crosses over into unhealthy behaviour?

The phrase "work-life balance" implies that work and life should be equally balanced, but the equation isn't that simple. It's not about splitting your time equally between work and life. Instead, it's about creating a career that supports the life you truly want to live. It's about finding balance between your purpose, relationships, wellbeing, financial health and free time so that your work doesn't drain your energy but fuels it.

We need to merge these aspects in a way that provides satisfaction, happiness and the least amount of everyday stress.

Being less stressed means being more present, productive and in control of your work and private life.

Here are five steps and self-reflection prompts to create better balance:

1. Set boundaries. Review your job description and assess your work performance – are you a perfectionist or assisting colleagues at the expense of your own responsibilities? *Do you align your work schedule with your natural energy peaks to maximise focus? Consider budgeting your energy and effort, not just your time.*

2. Shift your focus from how many hours you put in to concentrating on high-impact goals and tasks. Staying busy does not always equate to being productive and effective. The key is to work smarter and not harder. Seek help or ask for training if you need it. *If a stranger studied your routine, what would they assume your priorities are?*

3. You are not your job. Your work or job title does not define your identity or measure your self-worth. Work is one aspect of your life, not your entire existence. This means integrating work into a life that encompasses family, health, hobbies, activities and rest. *If your job disappeared overnight, would you fight to get it back or see it as an opportunity?*

4. Prioritise health. Overexerting yourself at work and experiencing constant pressure can adversely affect your health. Stress can impact your mental wellbeing and physical health in various ways, including elevated blood pressure, insomnia, fatigue and tension headaches. If you feel overwhelmed, find a coach, mentor or therapist to help you plan and prioritise your wellbeing. *Are you making choices that your future self will thank you for?*

5. Get enough rest. There are different forms of rest, and sleep is one of them. Sufficient rest is not a sign of laziness; rather, it fuels productivity, emotional and physical wellbeing, and enables you to make better decisions. *Do you schedule your rest time / me-time / self-care like you would any other appointment?*

For support:
pt@healthoutfit.co.uk

Being less stressed means being more present, productive and in control.