



Finding your balance: Life-Work Equilibrium

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One of the most compelling reasons to maintain life-work equilibrium is its impact on our physical and mental fitness. Our physical fitness allows us to live a better quality of life and when we move and feel better this links into our mental fitness.

We think more clearly, we are equipped to deal with stress better and we are more productive. This productivity isn't just about work, it's about spending more time with friends, quality time with family or engaging in activities you may have lost interest in.

Symptoms of imbalance can include:

- 1 Plateaus in work progress or performance
- 2 Poor sleep quality
- 3 Heart flutters or a higher resting heartrate
- 4 Regular feelings of fatigue
- 5 Lack of motivation or drive to do the things you used to love

If you feel this list resonates with you then act now. It doesn't need to be complicated. Here are some starting points for you to find balance:

Find balance:

- 1 Schedule time for regular exercise – just 10 minutes in your calendar 3 or 4 times a day to walk outside, do push ups or dance – anything counts!
- 2 Set a reminder on your phone to switch off tech, including social media, at least one hour before sleep time.
- 3 Create a routine before bed: stretch, breathe, or just reflect on the past 24 hours. Be mindful.
- 4 Accept at times circumstances change and that's okay.

Recommended reading

Clear, J. (n.d.). The Downside of Work-Life Balance [online] Available at. <https://jamesclear.com/four-burners-theory>