



WORK-LIFE BALANCE



Work life balance is being able to incorporate all aspects of our lives: Home and Family, Health and Well Being, Community, and Career in a way that is useful and productive.

1

Time Management

2

Redistribute Household and Family Demands

3

Build Downtime

4

Set Boundaries

5

Reflect, Refine, Repeat

Challenges

- The impact of the pandemic, transitioning to work from home, and the blurring of boundaries.
- Increased workloads and fear of layoffs affecting personal life.

