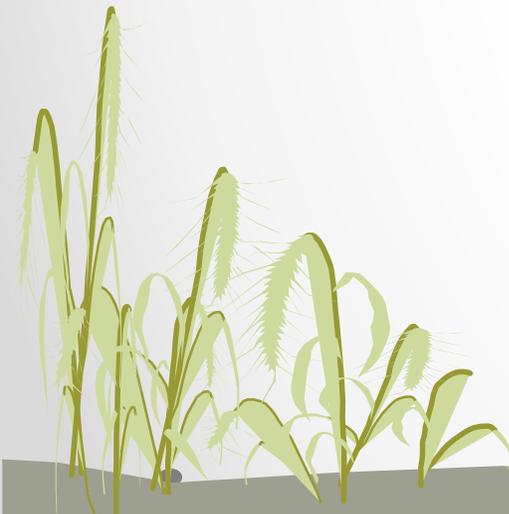


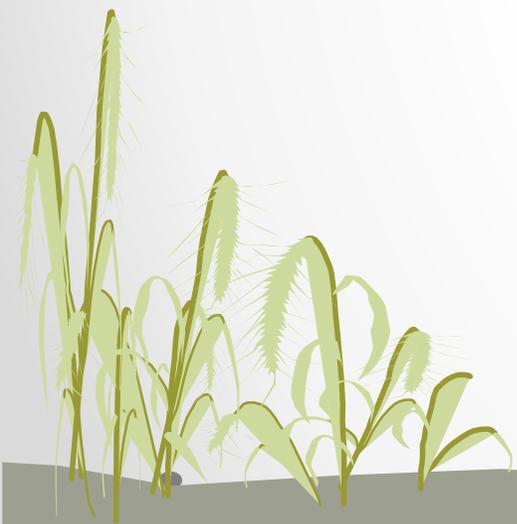
# Do Work and Life Balance?

Women Leading Government  
2<sup>nd</sup> Annual Conference  
2020

Dr. Eliza Belle  
For more info: [elizabelle@gmail.com](mailto:elizabelle@gmail.com)  
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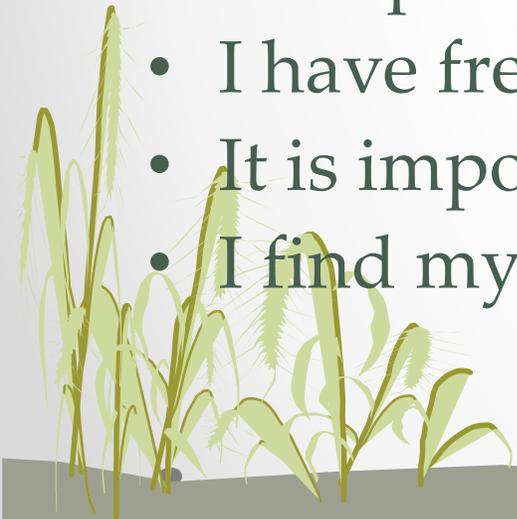


Work- Life Balance is a broad concept including proper prioritizing between "work" (career and ambition) on the one hand and "life" (Health, pleasure, leisure, family and spiritual development) on the other.



# Let's talk about it!

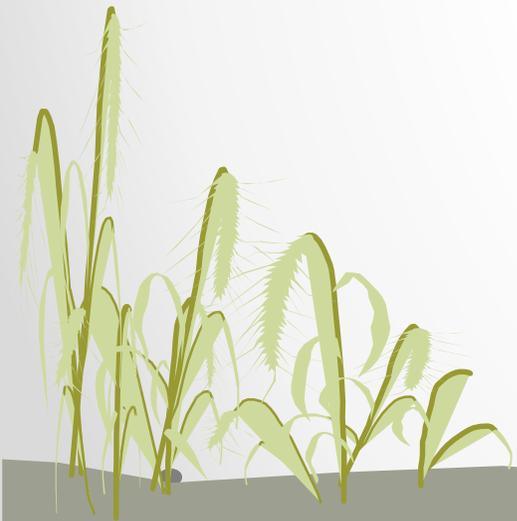
- My life and work demands often interfere with each other.
- It's a struggle to get time off from work when I need to.
- I spend a lot of time responding to personal emails and phone calls when I am at work.
- I have had to give up most of my hobbies.
- I sleep less than eight hours per night on a regular basis.
- I have frequent headaches and/or stomachaches.
- It is important to check my phone and email when I leave work.
- I find myself worrying a lot about how I'll get everything done.



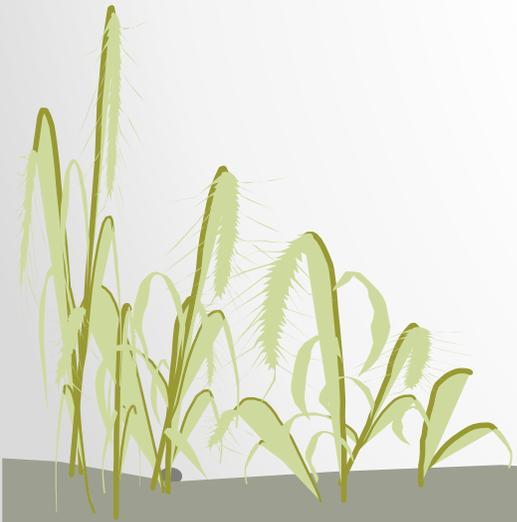
- I work more than 40 hours a week.
- It's hard not to be irritable and lose my temper.
- I don't have enough time to relax.
- I frequently have to deal with work emergencies when I am not there.
- I am tired all the time.
- My family and friends are routinely upset at me for not being available to them.
- I drink more than 3 cups or shots of caffeinated drinks per day.



Do you mix business with pleasure?

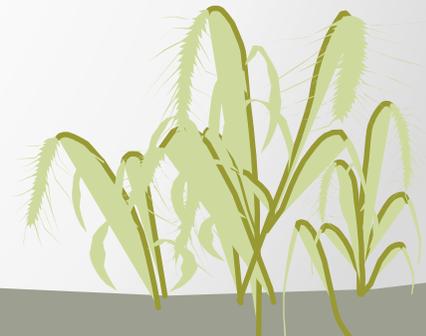


# THE SECRET



The concept is not so much about how we spend our time, it's actually about how we feel about how we spend our time.

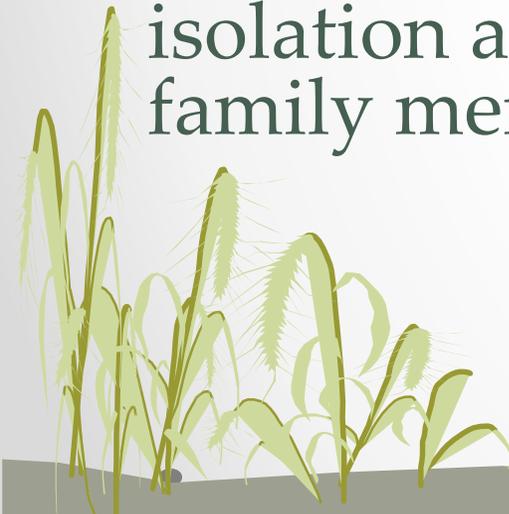
If we are happy with it, then our work-life balance is good, and if we aren't, then it isn't.



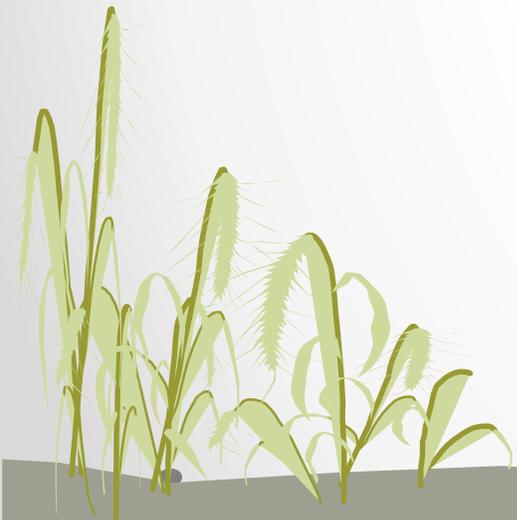
# How bad can it get?

Neglecting one's need for "balance" can lead to physical health issues like colds and flu due to a compromised immune system, irritability, depression, headaches, gastrointestinal disorders, infertility, exhaustion, and heart disease.

Emotionally it can also contribute to failed relationships, isolation and withdrawal, divorce and estrangement from family members.



# How did we get here?



# Where do I begin?

When considering your priorities, are they:

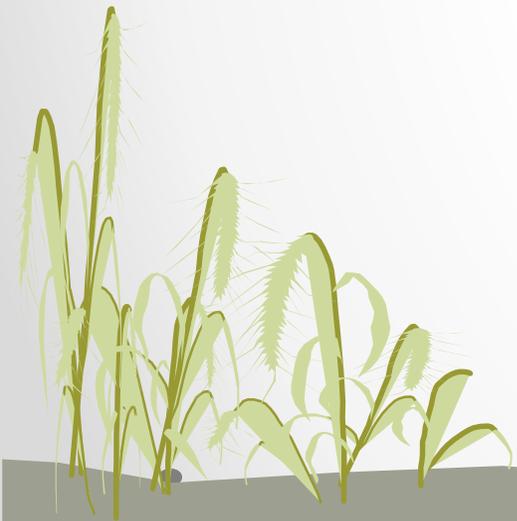
- Urgent and important
- Important, but not urgent
- Urgent, but not important
- Neither urgent nor important



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“Where focus goes, energy flows.”

— Tony Robbins



# How do I start the process of “getting there”?

- Be realistic. Be forgiving.
- Make your priorities list. This speaks to values, wants, and needs.
- Start with baby steps.
- Ask for help.
- Sign someone else’s permission slip.



# Take Control of Your Technology

- Define your values for the use of technology. How does it serve you and your needs? How does it hinder you? How does it harm you?
- Decide ahead of time when you will be connected and when you will unplug.
- For example, you might choose to be “unavailable” once you walk out of the office at 5:30 PM, but after the kids go to bed, you will be responding to emails again around 8:30 PM or 9:00 PM on the weekdays.



# Some reassurance...

- Imbalance is guaranteed to be a part of life. It can be beneficial actually in many ways. It alerts us that there is need to pivot, redirect, attend to ourselves.
- We are our answer. While that may feel overwhelming, it gives you way more control of your life than you may think.
- Work on doing the best you can in context, that way you can celebrate what you **HAVE** done as opposed to what you **HAVE NOT**.



“Life is like riding a bicycle. In order to keep your balance, you must keep moving.”

-ALBERT EINSTEIN

