

Path to Work Life Balance

Christine Dutton, P.H.R., Wellness Manager, Mediterranean Living

Bringing more balance to your life can help you experience more joy, fulfillment and contentment. Yet working towards balance can seem daunting because most of us have an overflowing plate of things to do, both at home and in the workplace.

You can move closer towards work-life balance by accepting that it's not about attaining perfection. Setting small, attainable goals will help you feel much better about yourself and help to keep you on track.

It wasn't until the 1980's that the concept of work-life balance was introduced to the U.S. Employees and employers both started to recognize that working too hard, too much, impacted personal lives as well as the level of productivity on the job.

A recent study showed that 4 out of 10 of workers in the US report that their work is either very stressful or extremely stressful. Though you may not have control over some aspects of your job that create stress, you can control how you react to the stress you experience, which can help to break the stress cycle.

Take a look at the things that are stressing you out. Are there some changes that you could make that would be helpful? Make an intention of doing something differently throughout your work day. Discover ways in which you can bring relief, relaxation, joy, passion and humor into your work.

Small actions can make a huge difference when it comes to stress. Even a 5 minute break away from the desk can be tremendously helpful. Get outside for a brief walk; listen to some music on your iPod; stand up and stretch for a few minutes; choose healthy snacks and meals to give you energy and nutrition; do some relaxation breathing.

Here's to a more productive and happier you!

Book recommendation:

Leading the Life you Want: Skills for Integrating Work and Life, by Stewart Friedman, is an excellent read on work-life balance that is both practical and inspiring. Friedman is an expert on leadership and author of the book *Total Leadership*. He has some great tips on bringing harmony to your work and life. [Stop here to get your copy.](#)