

Importance of Work-Life Balance

Work-life balance is the distribution of attention between your professional and your personal life. It can sometimes be a challenge to find that balance, but it is very important for your physical and mental wellbeing.

With the recent COVID-19 pandemic, many people found their work-life balance was greatly affected, resulting in high stress levels and a major psychological impact on the working population. Below we discuss some of the important factors that we should all be considering within our daily lives.



Focus Spans

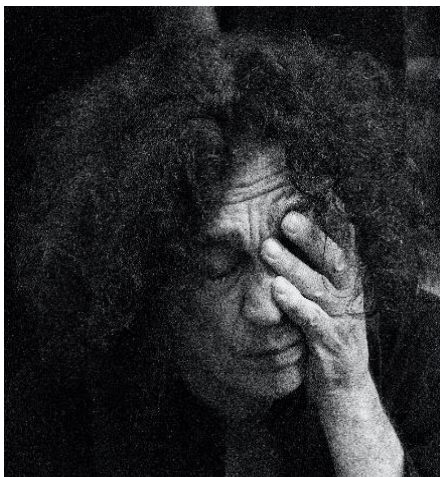
An irregular work-life balance can result in a reduced focus span where distractions and a general negative attitude towards work start to develop. This reduces efficiency and induces stress and anxiety.

Maintaining a realistic schedule where you can take time off work to enjoy personal or family time, where the stresses of work are set aside, can help re-establish focus and productivity.

Burn outs

An unbalanced work-life routine where the demands of personal life and work life are not well prioritized, can lead to the risk of burn out.

Stress, caused by unmet pressures in both or either of these, can cause severe burn out. Being aware of this and working towards finding the best possible balance, (whilst not always easy,) can help you lessen this risk. A good balance is an aim to work towards, rather than an exacting standard that in itself, will put further pressure on you!



Physical Impact

Whilst we know that a poorly balanced work-life routine induces psychological problems and creates stress, the latter can also cause a physical impact to your body, especially if sleep deprived.

Tiredness can over time, lead to exhaustion –and may also progress to poor health and chronic fatigue conditions requiring medical attention.

A good work-life balance, together with a good diet and exercise can dramatically reduce the risk of any physical impact.

How can you improve your work-life balance?

Setting Goals

Setting realistic goals and finishing them on time, will provide you with encouragement and bolster you with confidence.

Doing so, will decrease the levels of working stress which will in turn start to slowly restore the chemical balance in your brain.



Flexibility

In the light of COVID-19, a lot of offices have changed their working hours to suit working for home or shorter (or even longer) working days.

If you own an office or are an employee yourself, having flexible working hours can greatly reduce the risk of burn-outs and increase your mental productivity which in turn will boost your efficiency.

Find a job you actually enjoy!

If you are stuck in a job that you hate, think to yourself, why am I spending 8 hours of my day doing something I do not enjoy?

We all have strengths and enjoy different activities. Why not make the most of those and choose a profession that you can actually engage with and something you can be passionate about?

Maybe it is the people around you, that manager you cannot stand or even just the office environment. There is no reason why anyone should be in a profession or a role they dislike. The variety of roles available in the workplace means that there is always going to be a job that you will enjoy!



Take a holiday!

The simplest way to help your mental wellbeing and work-life balance is to go on holiday. It doesn't need to be a £10,000 trip to the Caribbean or 1st class flight to New York.

Even spending a few nights in a hotel in a new location can promote your mental and emotional wellbeing.

Financial Balance

In almost all instances, everyone works for the sole purpose of earning money. But believe it or not, money proves to be the biggest stressing factor for the working population. Having to make ends meet forces a lot of people to do over-time to increase their take home pay.

Balancing your finances and cutting down unnecessary expenditures can bring a positive step in your work-life balance and help to free yourself from the “live to work” rut that so many individuals find themselves in.



Talk to people...

One of the best ways to de-stress is sometimes to simply speak to those who care about you - your friends, family or partner.

What if it all gets too much?

The term “mental health” can often have negative connotations but the reality is that we all have mental health requirements that need attention on a daily basis.

There are many organisations that help individuals with mental health wellbeing. Some of the key mental health organisations in the UK are:

<https://www.mentalhealth.org.uk/>

<https://www.samaritans.org/>

<https://www.employersforwork-lifebalance.org.uk/>



“Never get so busy making a living that you forget to make a life.”

A handwritten signature in black ink, which appears to read 'Sally Porton'.