5 TIPS TO WORK-LIFE BALANCE

LESSONS FROM DR. JOYCE LOCK

SLOW AND STEADY
Don’t get caught up in the stressors of the moment. I think to myself, I know we are running at the moment, we’re up a little hill and it feels a bit harder, but before long we’ll be done.

YOU CAN’T KNOW EVERYTHING. THAT’S OK
In no way do I attempt to be up on everything. If it’s important and I miss it on the first go around, I know I will hear it on the next go around. Trust the people (team) around you to help.

LISTEN TO YOUR BODY
Be attuned to when you are getting overtired or slightly burned out and then just step back for a bit.

EXERCISE (OR DO SOMETHING YOU ENJOY EVERY DAY)
I find time to do those things that nourish, refresh and give me joy so I can go back Monday ready for the challenge.

SEPARATE WORK AND LIFE
You have to work harder on this these days, but I’ve learned over time the world won’t end if you don’t respond to some messages instantly.