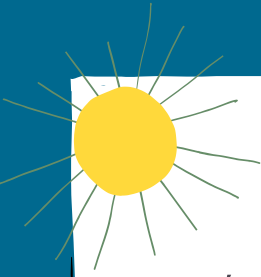


# 5 TIPS TO WORK-LIFE BALANCE

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.