

## The Most Important Thing You Can Do to Achieve a Better, Healthier, Happier Work/Life Balance.

– Michael Lewis

Too many of us are burned out, are exhausted, aren't sleeping well, worried, overworked, underappreciated, and taken for granted. Our personal lives are also filled with various family commitments and obligations and that weekends seem too busy, and too short.

Our work and our career often sadly becomes prioritized over many other aspects of our lives – our relationships, time with friends and family, our rest and recreation, and even our mental, physical, and emotional health. Seeking the right balance between all the demands of your career and the desire to have a happy, healthy, and fulfilling personal life is a challenge that many people face.

So, how do you begin? It begins with the decision ... that for things to improve, things must change.

At some point in your career, you'll decide your life beyond work is equally (maybe even more) important and that you deserve, like so many others, a happier and healthier life. Once you decide that a truly balanced life is your priority, the next step comes naturally, and it is ***the most important thing you must do.***

It is time to **talk**. To have conversations about your concerns, hopes, and desires about work with your employer and your need and desire for a less stressful and busy personal life with your family and friends. These important conversations will be about how work is affecting you, physically, mentally, and emotionally or that how when you are at home you are being pulled in so many directions and is filled with daily tasks and social obligations, that you have no time to recharge and that you need support and understanding.

If, you are facing a busy and challenging period at work and it requires a lot of your attention, then now is the time to talk to your friends and family, tell them what you are facing, and they will have a better understanding of why you might need some space or support.

If you are facing a personal or family-related problem or challenge, be open to talking to your employer about your situation. You might discover that they may be willing to help and be more flexible or with how and when your work needs to be accomplished.

Now, it may sound simplistic, but people can not help you if they don't know need some help. All we need to do to begin the journey to a more balanced and healthy life is to take that first step and to communicate and be clear about what ideally, we want.

I've always advised burned out, tired, mentally, and emotionally exhausted people...to put themselves first, reach out, talk it through with loved ones, friends and employers and ensure that they know that you are **just human**, and a person who would appreciate their understanding when things get tough at work and at home...and in life in general.

There are numerous ways to get a better work/life balance, but they pale in importance to the first and most important step ... which is to talk and be heard.

Finally, being it might seem admirable to be dedicated to your job, and prioritizing work, projects, and assignments. Hard work and long hours might sound like a path to better career opportunities, but you will discover that it comes with great personal sacrifices and numerous regrets.

Just remember, no one ever said on their death bed and surrounded by loved ones...*"I wish I'd spent more time at work"*. No one!

Join Us for Michael's webinar ***"Achieving Balance: A Guide to Achieving A MORE Balanced Life!"*** on Oct 21<sup>st</sup>, 2021 from 7:00-7:45pm.

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