

## Life Balance Month December 2021

When you're a working professional, juggling the demands of your career and personal life may be an ongoing challenge. By setting limits and looking after yourself, you can achieve the work-life balance that's best for you. The boundaries between work and home life used to seem fairly clear. Today, however, maintaining work-life balance is no simple task. Still, balance is possible. (Mayo Clinic, 2020)

### ❑ Consider the cost of being married to your work:

- If you're not finding time to enjoy life, consider the consequences of poor work-life balance:
  - **Fatigue.** When you're tired, your ability to work productively and think clearly might suffer.
  - **Poor health.** Stress can worsen symptoms related to many medical conditions.
  - **Lost time with loved ones.** If you're working too much, you might miss important family events or milestones, leaving you feeling left out.

### ❑ Promote more balance in your life:

- Setting limits can leave you with more time for meaningful relationships and activities you enjoy.
- Evaluating your priorities at work and home can help shorten your to-do list.
- Working from home or frequently using technology to connect to work can cause you to feel like you're always on the job, leading to chronic stress.
  - Seek guidance from your manager about expectations for when you can disconnect.

### ❑ Prioritize caring for yourself:

- A healthy lifestyle is essential to coping with stress and to achieving work-life balance.
  - Eat well, include physical activity in your daily routine and get enough sleep.
  - Regularly set aside time for activities that you enjoy.
  - Develop a support system.
  - Feel empowered to speak to a mental health provider.

### ❑ Take advantage of University resources this holiday season:

- [Preparing to be with Family Over the Holidays](#) | 12/2 | 10 AM (Webinar)
- [Your Health and Holiday Stress: A Survival Guide](#) | 12/2 | 10 AM (Webinar)
- Attend one of the University's Holiday Receptions and join in community with fellow colleagues.
  - **West L.A. Campus** | 12/13 | 3:00 - 4:30 PM, **Malibu Campus** | 12/14 | 3:30 - 5:00 PM



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## Helpful Resources

### ❑ *Pepperdine Health Resources*

❑ *Mayo Clinic's: Work-life balance: Tips to Reclaim Control*

❑ *CDC: Strengthening Workplace Health, One Resource at a Time*

❑ *Human Resources' Wellness Webinar Collection*

## Contact Information

### ❑ **Health Advocate**

(866) 799-2728

[www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)

### ❑ **Human Resources**

**Thrive Wellness Program**

(310) 506-4190

[community.pepperdine.edu/hr/wellness](http://community.pepperdine.edu/hr/wellness)