

First, Balance Your Lifestyle!

- **Nobody's perfect** - why expect or demand that of yourself? For that matter, why expect or demand perfection from someone else?
- **Draw upon your unique strengths to cope.** Do the things that help you feel calm and centered. If you've forgotten what those are, you need to invest more in yourself so you can reconnect with what you know.
- **Don't let one aspect of life dominate the others.** Do you have a hobby or other activity you enjoy? If not, things are getting out of balance.
- **Do you constantly feel you are out of time?** Then it's time to cross off something you don't enjoy. Let someone else do it! Who knows, they just might enjoy it.

Second, Create Support Systems

It's tough feeling alone, especially in the middle of a group of busy people. So find people you can talk to at work, at home, or in the community. Find a place or activity that's stress-free.

- **Share something with someone.**
Join a professional organization or socialize with people in your field who work for different employers. Everyone needs to be able to talk over work problems.
- **Become a mentor or resource for someone else,** perhaps in your own workplace, or your church, or other organization. Realizing how much you have to offer to others can reduce frustration and burnout.

Third, Gain Control Over What You Can't Go Of What You Can't

- **Remember that no one is indispensable** - get the job done rather than just doing it.
- **Try to see opportunities instead of obstacles** - to review your career goals if you

money. Many people find that if they can do what they love, they love what they do.

- **Schedule your days (and weeks, months, years) and work your plan.** Investigate ways to adjust your schedule with flex-time, job-sharing or taking a new job.
- **Find a mentor you respect.** You are not the first person to struggle with work-life balance, and other people, (even your boss), might have a lot of suggestions to offer.

Regaining One's Zest for Living and Working

Most important of all, workers (and employers and supervisors!) need to remember that life is really much too short to waste it feeling freaked out and frazzled. By restoring some balance between the demands of the workplace and personal life, people can douse burnout and prevent stress from taking its terrible toll. Every person needs to take time to manage their stress so they can enjoy life.



About The Author
Nancy D. O'Reilly, PsyD, is a clinical psychologist, researcher and founder of the WomenSpeak Project, an online resource based on a decade of research about aging in a youth-driven society.

Dr. Nancy has more than 25 years of experience counseling others on women's issues, aging, mental health, victimization, workplace violence and stress. A member of the American Psychological Association, Dr. Nancy is the author of, "You Can't Scare Me: Courageous Women Speak About Oriented Society." For more information,

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