THE BARE MINIMUM

Improve Your Work-Life Balance

Even on your off-days, you might find yourself inundated with office-related calls or texts. However, you need to find a stable work-life balance if you want to have a fulfilling personal life without letting your job come in between your relationships. Here are some tips to help you balance your work and family life.



1

Schedule Down Time

You need to block out time on your calendar for your family up front if you don't want your work to take complete control of your life. DON'T take your family for granted; they may live in your heart but they need to know that through your actions not just your words. Always keep at least one day of your weekend free for your family or friends.



2

Be present, consistent and accountable

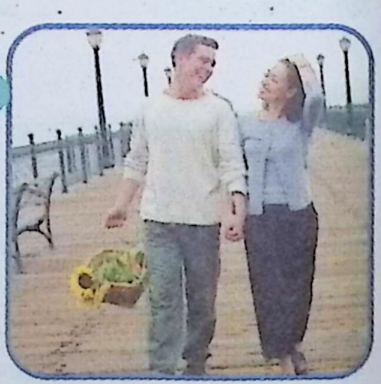
This means that you need to be as attentive at home as you would be at work. Your active presence means the world to your family. So don't get distracted by that darned phone while you pretend to pay attention to what your daughter is trying to tell you. If you fake your attempts, it will show in your action.



3

Indulge in Fun Activities During the Week

You may reserve fun things for the weekends but plan at least one enjoyable activity during the week. This can be brunch with friends or a concert with your better half. This one day off during the week will help you to let off some steam and get back to the work week with renewed energy and sense of self.



4

Focus on Quality not Quantity

If you find a week to be particularly grueling, you don't need to panic about the aftermaths of it on your family. You don't need to spend hours with your wife to let her know how much you care for her. Both of you can go out for a 20-minute walk after dinner to spend some quality time with each other.



5

Get Moving

Research shows that exercise can help you be more alert and attentive. Take some time out to work out before you start with your busy day. You could take a stroll down your street before your family wakes up or hit the gym at least twice in a week. Rest assured, this routine will reenergize you and help you clear your head.