



Junior Officer Advisory Group

Readiness & Deployment Committee

[Behavioral Health Team]

Practicing Wellness

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“*WORK-LIFE BALANCE*”

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Juggling daily stressors of work and home can be very challenging. Often, we are faced with the choice of finishing work assignments or focusing on our well-being. And if you're spending most of your time working, your home life will be negatively affected, leading to burnouts. Poor work-life balance can lead to other negative consequences, such as fatigue, poor health, and lost time with your family and friends. Setting strong limits and being intentional about your choices in your daily life activities can help you manage your many responsibilities. Suggested techniques for improving work-life balance are provided below.

General:

- Stop and have a quiet moment
- Assess what is important & needs to be done as a main priority
- Do not overcomplicate or overwhelm yourself
- Reprioritize your goals daily
- Manage other people's expectations and learn to say "NO"
- Plan fun activities/hobbies that you enjoy

AT HOME:

- When you get home, set your phone & computer aside, and focus on your family
- Cook meals together
- Play a board game together with the kids
- Take family vacations

AT WORK:

- Do your assigned work; Be a good team player; Be kind to your coworkers

FOR YOURSELF:

- Work on your wellness and wellbeing, including visits to your Primary Health Practitioner
- Find different ways to reduce your stress
- Perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity physical activity
- Sleep for at least 6-8 hours per night
- Practice mindfulness-based stress reduction activities such as yoga, meditation, and deep breathing
"Practicing Mindfulness activities as a cognitive-emotional segmentation strategy enables one to detach from work; Mindfulness training reduces psychological work-life conflict and improves work-life balance satisfaction, irrespective of preferences for segmentation or integration" (Althammer et al, 2021).



References:

Althammer, S.E., Reis, D., van der Beek, S., Beck, L., & Michael, A. (2021). A mindfulness intervention promoting work-life balance: How segmentation preference affects changes in detachment, well-being, and work-life balance. *Journal of Occupational and Organizational Psychology*, 94(2), 282-308.