

Balancing power



In today's economic condition, work life equilibrium is considered one of the most imperative workplace issues. Work life balance refers to a satisfactory niche between many different roles in an individual's life. But how to manage this balance to avoid conflict; this topic is discussed through many different aspects enlightened through personal experience. Work Life Balance Before taking any step towards knowing how to achieve work life balance, first we must gain an understanding about what work life balance actually refers to.

It is about maintaining equilibrium between work and personal life, facing the multifarious demands in one's life. The best equilibrium is different for each person because we all have different priorities in life. A young entrepreneur faces different challenges than a familyman at the apex of his career. Work life balance involves two factors; Achievement and Enjoyment. Our life will be valuable and balanced when, in all the aspects of life, we are daily achieving success with all the joys of living! My Side of Story

Being a young student struggling to manage good grades, working part time to support my education during this era of recession as well trying to give my family sufficient of my time as required, at many times I felt the misbalance in my life that is called work-life conflict. I felt unable to manage my time and was highly dissatisfied with my work and progress. Failing health and self esteem and disrupted routine was then a common state of affairs. I was new, hence obsessed with working hard to carve a niche for my career.

In order to secure my grades I became overcommitted to my studies as well. I ended up drained every day, spending most of the time on the run... from study to work, work to home and spending rest of the time sitting on computer. All I had once read and heard about work life complications was

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coming true in my life without my realizing it. It was not until when my parents had to have a 'serious talk' with me, that I realized where this chaos was leading me to. That instantly snapped me back; I set off to work on improving my standards. The information

In order to balance one's work life situation, you may need to look into four quadrants of your life- Friends, Family, Work and Self. Any disturbance in one of them because of the interference of another quadrant may cause work life conflict. Work life conflict must be removed in order to solve the problem and acquire balance. This information regarding the causes can be obtained by observation of daily life experiences and authentic researches conducted. According to the Business Week reports, Individuals who consider their work life balance better than others are likely to work 21% better than those who don't.

Moreover, a study shows people encounter work life conflict have 40% more chances of mood and anxiety disorders, (Kane, 2006); While employees having lower level of this conflict experience increased job satisfaction. The Evaluation After gathering basic information, now I knew what I was missing and what I got to do. I loved my job, but without my natural energy boosters, I was unhappy and even feeling a bit guilty. My whole time revolved around my work and career, but I couldn't make up for the very essential part of my life, that is my friends and family.

From my newly gained knowledge, I deduced that a balanced approach at my level will be spending quality time with my friends and family that will have a positive physical and psychological impact on me. Moreover, I'll be free of piled up responsibilities, procrastinated duties, and burden on my

mental self, which will eventually also improve my progress in other quadrants of my life. I had to use it to devise such solutions that cancel out where I overdo, and give more space to those I neglected so a balance can be created. The Solution

As I was already a student I opted for the greatest facility available today for work life balance concerned employees- Flexible timings, so that I can have more sense of control over my work. Dinner and meals would at no cost be skipped- they provide a quality time for whole family to be together. Also, sleeping schedules must be maintained, so there remain no health problems. Being present is the key word. No drifting away and being in two places at a time. On weekend there would be no computer, no emails, and no emergency calls from work!

I could spend quality time with my family. I could contact my friends, go out and have some fun. Lastly, to spend some of my time on myself; a time to relax or do what pleases me. It's a kind of meditation, hence keeps your mind calm and alert. Giving my study ample time and not burdening myself with more work than I could manage, was also essential. Conclusion The set of habits I formed as a solution for my work life problem, not only supports but emphasizes a sound balance between work and life activities.

Back then I couldn't see past my work; it still plays a principle part in my life, though it's not my one and only concern anymore. This equilibrium I discovered open my eyes to worth of other things, that made not only my work, but my life much more gratifying. References Kane, S. (2006). Work Life Balance Strategies. Retrieved July 20, 2009 from <http://legalcareers.about.com/od/careertrends/a/worklifebalance.htm> Work-Life Balance.

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