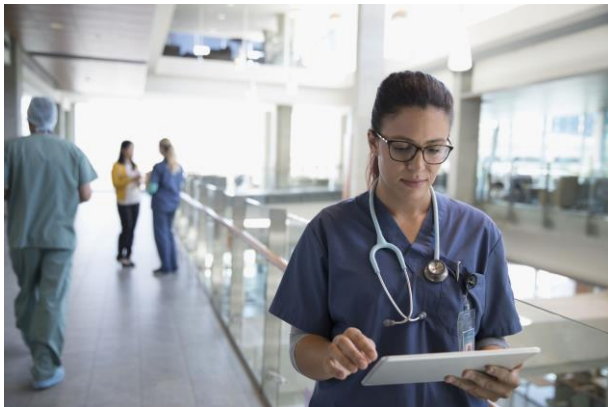


WORK/LIFE BALANCE IN NURSING



What is Work/Life Balance?

- * The ability to separate ones work life from their personal or family life
 - * Being able to leave work behind when you leave work
- * Being able to focus while at work without outside factors influencing behaviors
 - * Focusing on task at hand while away from work without intrusive thoughts of work



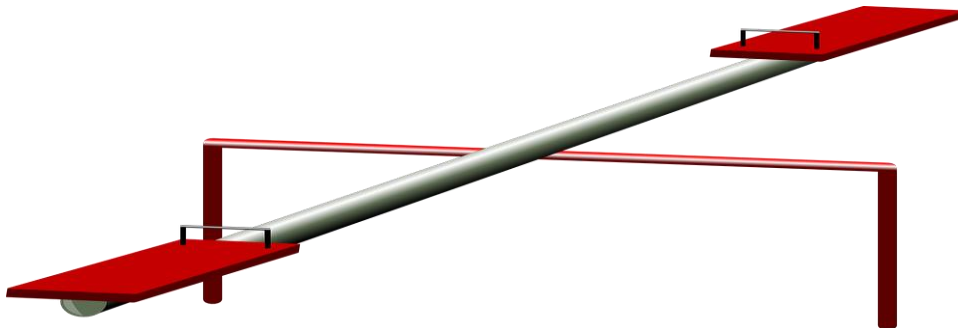
WORK/LIFE BALANCE

GOOD WORK/LIFE BALANCE

- HEALTHY LIFE WELLNESS
- TIME FOR FAMILY AND FRIENDS
- SELF CARE TIME
- TIME FOR HOBBIES
- GOOD ENAGEMENT AT WORK
- MINIMIAL DISTRACTIONS WHILE AT WORK

POOR WORK/LIFE BALANCE

- DEPRESSION/ANXIETY
- ECESSIVE MISSED TIME FROM WORK DUE TO ILLNESS
- NOT ENGAGED WHILE AT WORK
- EASILY DISTRACTED WHILE AT WORK
- BAD COPING SKILLS: ETOH/DRUGS/FOOD/RECKLESS BEHAVIORS
- NOT SLEEPING WELL



HOW TO MAINTAIN A GOOD WORK/LIFE BALANCE

WORK:

- TAKE YOUR BREAKS
- ASK FOR HELP
- EDUCATED YOURSELF TO DECREASE STRESS
- USE YOUR PTO- TAKE TIME OFF
- ENGAGE IN WORK PROJECTS AND COMMITTEES OFF THE UNIT



LIFE OUTSIDE OF WORK

- SPEND TIME WITH FAMILY AND FRIENDS
- SELF-CARE TIME
- HOBBIES
- GOOD SLEEP HABITS
- MAINTAIN MENTAL AND PHYSICAL HEALTH



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BENEFITS TO YOU AND WORK WHEN BALANCED

WORK:

- LESS TIME MISSED DUE TO ILLNESS
- ENAGAMENT IN WORK AND OTHER ASPECTS OF THE ORGANIZATION
- MORE COHESIVE WORK ENVIROMENT
- BETTER WORK OUTCOMES(LESS ERRORS)
- WILLINGNESS TO PICK UP SHIFTS AND HELP OUT TEAM WHEN AVAILIABLE

YOU:

- HEALTHIER YOU
- LESS STRESS AND ANXIETY
- BETTER SELF-CARE AND HABITS
- BETTER ENGAGEMENT AT WORK
- LESS BURNOUT
- BETTER ABLE TO COPE WITH DEMANDS OF WORK

