

**WORK**



**LIFE**



SuccessCoaching

**THE IMPORTANCE OF LIFE/WORK  
BALANCE FOR HEALTH, JOB  
SATISFACTION AND PRODUCTIVITY**

When you hear the term,  
***life-work balance***,  
what does that mean to you?



## By definition:

Life-work balance is a state of equilibrium where an individual's career and personal life are in alignment.

Both are equally important.





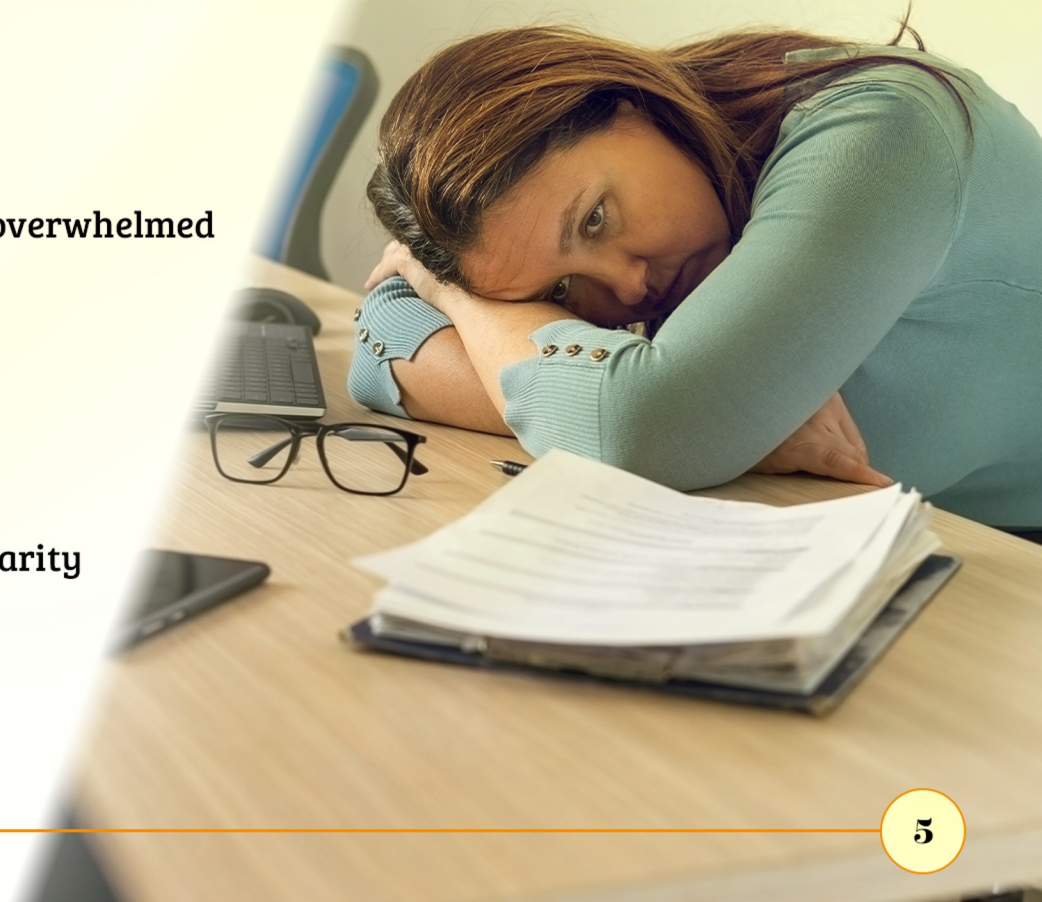
# REASONS FOR AN OUT-OF-BALANCE LIFE:

- ◆ Unrealistic work expectations
- ◆ Inability to prioritize and manage work responsibilities
- ◆ Learning curve due to a promotion or new position within an organization
- ◆ Illness
- ◆ Caring for aging parents
- ◆ Having children



# SIDE EFFECTS OF AN OUT-OF-BALANCE LIFE:

- ◆ Decline in physical health
- ◆ Difficulty sleeping
- ◆ Experiencing anxiety, depression, or feeling overwhelmed
- ◆ Over-committed schedule
- ◆ Communication and relationship challenges
- ◆ Spending less time with family and friends
- ◆ Poor decision making due to lack of mental clarity
- ◆ Chronic stress
- ◆ **BURNOUT**





# IMPACTS TO THE EMPLOYER WHEN EMPLOYEES ARE STRUGGLING WITH LIFE-WORK BALANCE?

- ◆ Increased employee absenteeism due to illness and job dissatisfaction
- ◆ Higher healthcare costs
- ◆ Unhappy employees
- ◆ Poor productivity
- ◆ Increased turnover



# WAYS TO CREATE LIFE-WORK BALANCE

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## 1. Ask for Help

## 2. Create an accomplishment list

- ◆ Set healthy boundaries
- ◆ Learn to say “No”
- ◆ Protect your energy
- ◆ Control your calendar
  - ◆ Schedule office hours, regular breaks and self-care



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Download a copy of  
the accomplishment  
list worksheet here.





# WAYS TO CREATE LIFE-WORK BALANCE

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## 3. Disconnect

- ◆ Take a social media / virtual break
- ◆ Go on vacation



## 4. Find ways to move throughout the day (preferably every hour)



# WAYS TO CREATE LIFE-WORK BALANCE

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## 5. Do something for yourself each day that brings you joy

- ◆ Go for a walk
- ◆ Listen to music
- ◆ Read a chapter in your favorite book
- ◆ Play with your pets
- ◆ Play with your kids
- ◆ Reach out to a loved one
- ◆ Meditate
- ◆ Devotions
- ◆ Light your favorite candle
- ◆ Enjoy a cup of coffee or tea
- ◆ Watch an episode of your favorite show
- ◆ Look at a favorite photo or inspirational saying
- ◆ Practice gratitude



**“Your greatest contribution in life is not your work.  
Your greatest contribution is showing up and being fully  
present in the lives of the people you are surrounded with.”**

**- *The Work Life Balance Series***





# TAKE YOUR FREE STRESS AND WELLNESS CHECK-UP!

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If you have questions or any issues,  
please email:

[info@lisahammett.com](mailto:info@lisahammett.com)

Scan now so you don't miss out!

# WHERE TO FIND ME

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**in/LisaHammett**



**Lisa Hammett**



**HealthyLivingLisaHammett**



**Lisa.Hammett**



**LisaHammett**



# From Burnout to Best Life

Lisa Hammett was a stressed and completely burned out 26 year retail manager. Then in 2005 she took a leap of faith to follow her passion, reclaim her health, and drop 65 pounds. Her passion is guiding people to achieve their personal and professional goals. She believes that "Everything is possible if your head is in the game." In the past 10 years Lisa has coached thousands of people to develop sustainable healthy habits that create the life they desire in their career, relationships, and overall wellness. This book is her guide to your best life. Get ready for an exciting and insightful journey.

<https://www.lisahammett.com/burnouttobestlife>

