

Finding your Work-Life Balance



Stress in the workplace is common and caused by many different factors and issues. Many problems may never be fully resolved and the amount of stress a person experiences is often determined by whether or not they can accept that some things in life will simply never be sorted out to their satisfaction.

For instance, a person may feel stressed by the way they are treated by their employer, or the behaviour of a work colleague. Sometimes this stress can be resolved by dealing with the particular behaviour as in many organisations, there are processes that can be followed to deal with workplace problems like harassment, victimisation or unfair treatment. If your work life and personal life are out of balance, your stress may be running high.



Finding work-life balance in today's frenetically-paced world is no simple task. Spend more time at work than at home and you miss out on a rewarding personal life. Then again, if you're facing challenges in your

personal life such as caring for an aging parent or coping with marital or financial problems, concentrating on your job can be difficult.

Whether the problem is too much focused on work or too little, when your work life and your personal life feel out of balance, stress – and its harmful effects – is the result.

Counselling could help you examine your priorities and set boundaries. Balance doesn't mean doing everything. You learn to stay firm in what you can and cannot do.

Only you can restore harmony to your lifestyle.