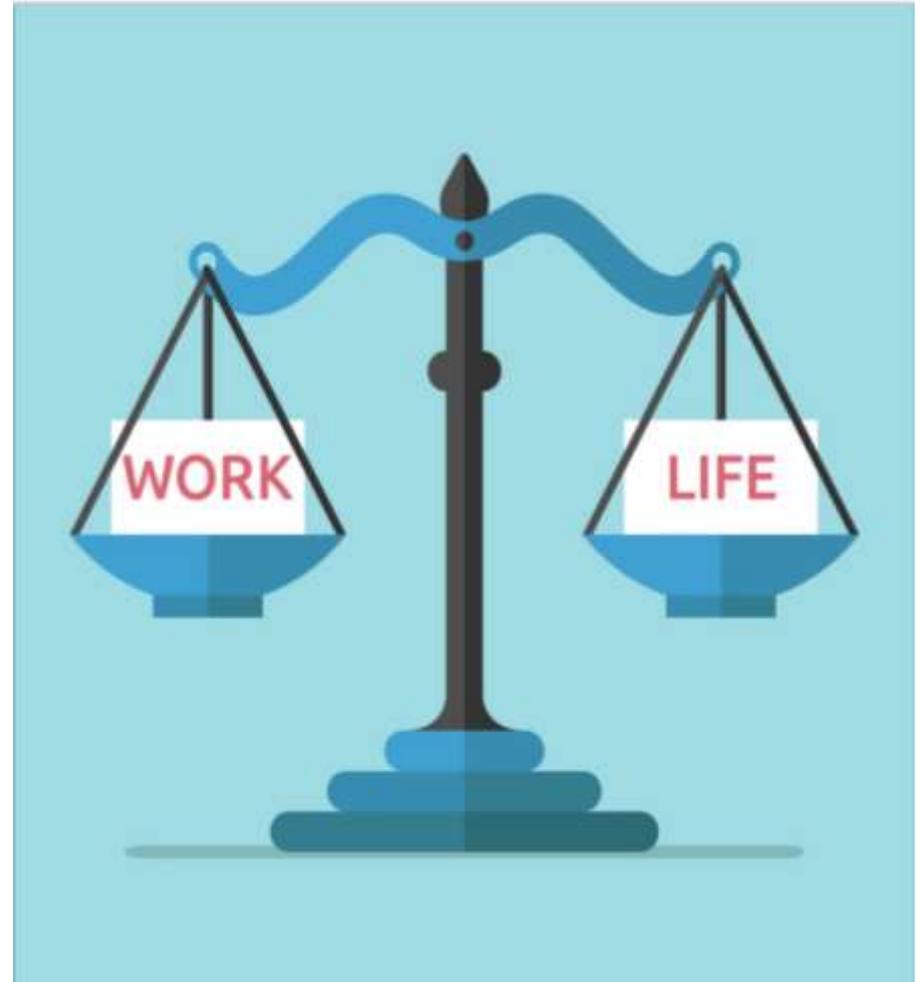
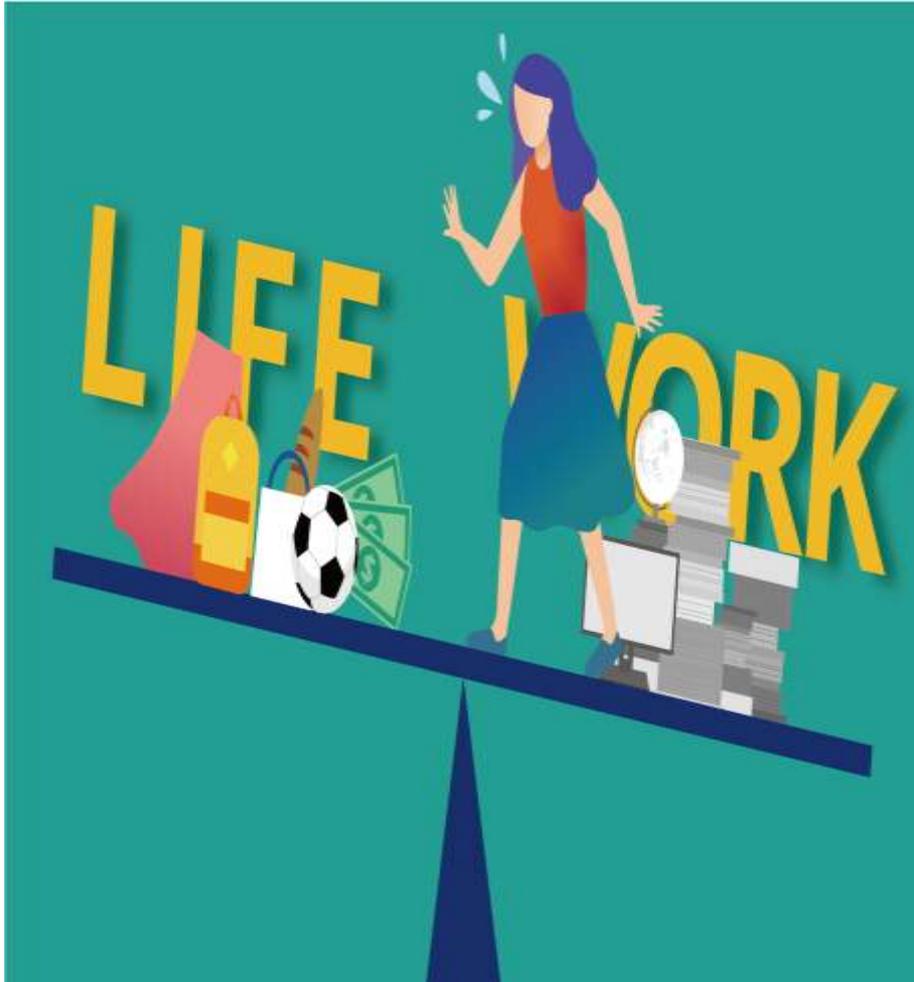




WORK-LIFE BALANCE



Profile



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Objectives

1. What is work-life balance?
2. What's the importance of work-life balance?
3. What are the consequences of poor work-life balance?
4. How can you achieve work-life balance?

What do you understand by the concept work-life balance?

Work-life balance - What is it?

- Meaningful daily achievement and enjoyment in all aspects of the person's life: Work, family, friends and self
- A vital factor in achieving a balance is making sure that; work does not overwhelm or dominate; and also, that it does not cause damage to the individual by way of negative stress



Work-life balance reality

- Achievement and enjoyment in:



Why is
**Work-Life
Balance**
So Important
in Today's
World?



Importance of work-life balance

1. Helps reduce stress
2. Helps prevent burnout in the workplace
3. Increases productivity
4. Builds stronger relationships at work, home, and among friends
5. Improves mental health
6. Improves physical health
7. Increases happiness



- **What are the consequences of poor work-life balance?**

How many of us here have experienced this?



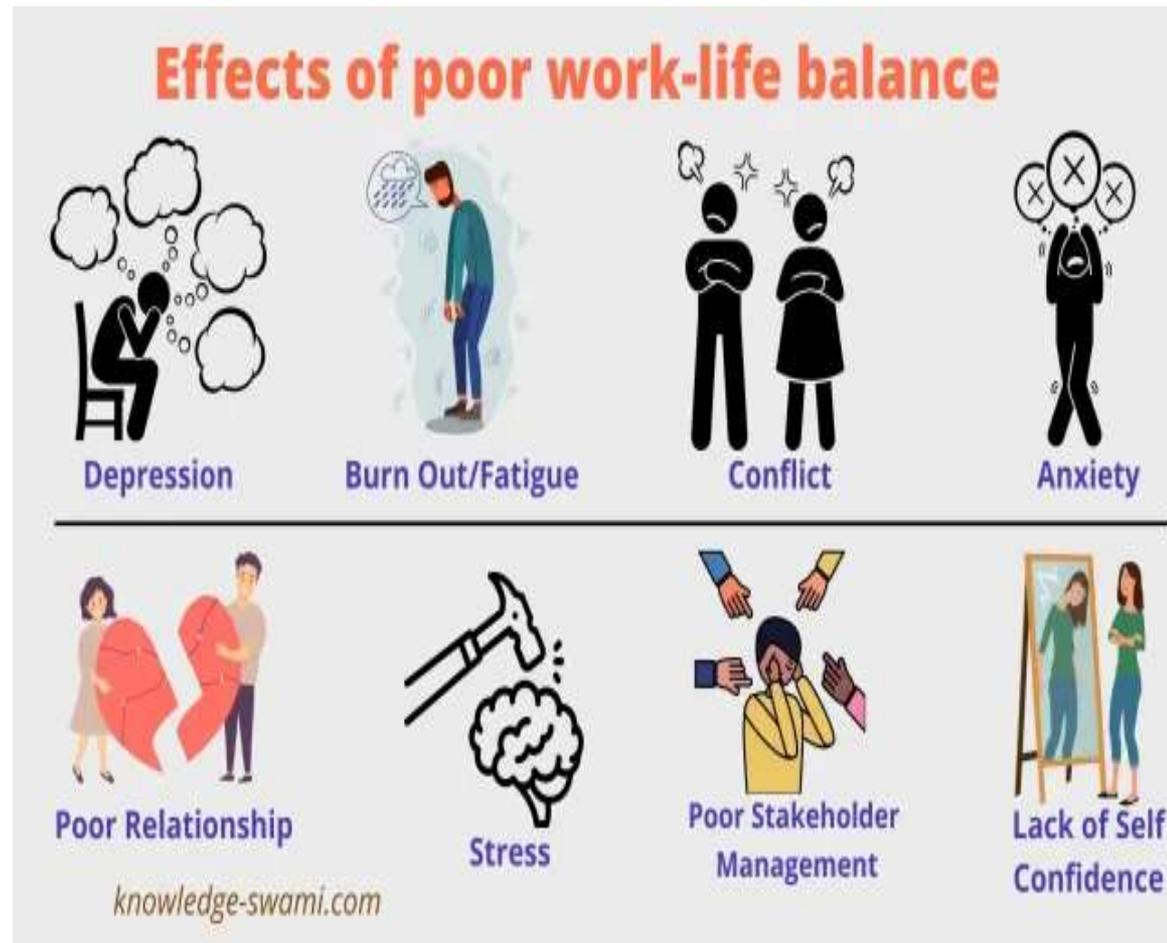
Consequences of poor work-life balance

- Poor mental health such as depression, anxiety and insomnia.
- Poor work performance
- Absenteeism at work
- Poor physical health such as hypertension, digestive troubles, chronic aches and pains and heart problems
- Too much stress over a long period of time leads to workplace burnout.

Consequences of poor work-life balance Con't

- Burnout can cause;
 - ✓ fatigue
 - ✓ mood swings
 - ✓ irritability
 - ✓ decrease in work performance.

This is bad news for employers



Tips to help you maintain a good work-life balance

- Don't shy away from taking some personal time off
- Always take your breaks
- Exercise is always a good option
- Going on holiday is a great idea & spend time with friends and family
- Don't take work calls from home & get some real sleep
- Maintain a proper diet



How to achieve a better work-life balance?

- Video:

<https://www.youtube.com/watch?v=teE-xVO-ljw>

Conclusion

- The key word is balance...
- Find the right balance that works for you
- Celebrate your successes & don't dwell on your failures
- Life is a process & so is striving for balance in your life
- ✓ Work-life balance is an important aspect of a healthy work environment.
- ✓ Maintaining work-life balance helps reduce stress and helps [prevent burnout](#) in the workplace.

THANK YOU!!!!

