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The Importance Of Work-Life Balance -- And How To Achieve It

Wikipedia defines a lifestyle as the way a person lives. This includes patterns of so-

cial relations, consumption, entertainment, and dress. A lifestyle typically also reflects an individual's attitudes, values or worldview. A healthy lifestyle is generally characterized as a "balanced life" in which one makes "wise choices".

The work-life balance does not just mean focusing on a happy private life in addition to a job, but also a satisfying career in addition to a happy private life. When an employee is aware of their opportunities and possibilities to climb the career ladder, this, in turn, can lead to better productivity and a strong identification with the employer.

Microsoft Japan tested a four-day work week and ...

In this pioneering work, Catherine Hakim presents the Preference Theory, a new, multi-disciplinary philosophy for explaining and predicting current and future patterns for women choosing between family work and outside employment. It is the first theory developed specifically to explain women's behavior and choices, constituting a major break from male-oriented theorizing in sociology and ...

Lifestyle is the interests, opinions, behaviours, and behavioural orientations of an individual, group, or culture. The term was introduced by Austrian psychologist Alfred Adler with the meaning of "a person's basic character as established early in childhood", as in his 1929 book, *The Case of Miss R*. The broader sense of lifestyle as a "way or style of living" has been documented since 1961.

Lifestyle (sociology) - Wikipedia

Life is a bit like that. We can view it as a succession of choices. Indeed, modern life in rich countries is a series of choices which would utterly have bewildered our forebears, who usually had precious little choice of the work they did, where they lived, or even what they thought.

Here are a few ways you can achieve a work-life balance that works for you, so you don't end up burned out and overwhelmed, and so you don't put your health at risk. Take advantage of "me time."

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If your life feels too chaotic to manage and you're spinning your wheels worrying about it, talk to a mental health provider. If you have access to an employee assistance program, take advantage of available services. Creating work-life balance is a continuous process as your family, interests and work life change.

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