

Why is Work-Life Balance So Important?

We hear so much about the need to maintain a proper work-life balance. The old adage goes, “Too much work makes Jack a dull boy”, or in our case, “Jane a dull girl.” We females tend to think that we must be a Superwoman, doing it all without any help and taking total pride in doing so. However, is that really possible?

How many plates do you have spinning in the air right now? Personal, familial, business? You can keep them all spinning for a while, but eventually you will start dropping some, if not all. Even if you don’t drop too many, what are you sacrificing to keep the plates in the air? We females are responsible for so many other duties outside of work. A female entrepreneur trying to do it all by herself multiplies her stress by a million, or so it feels.

You have to make yourself a priority. If you don’t take care of you, you won’t be able to take care of anything else. Stress can have a huge impact on your physical and mental health. If one of those is out of whack, guaranteed the other will soon follow. That is not what a busy female entrepreneur needs.

Here are some tips:

1. Exercise regularly. It may seem counterintuitive, but exercise is a stress reliever. Even a short walk daily can help.
2. Get enough sleep. Yes, you deserve it and so do the people in your life.
3. Schedule time off for yourself. You need to make yourself a priority. Setting boundaries is healthy.
4. Treat yourself to something special. This can be a massage, a facial, a spa day or just a girls’ day.
5. Delegate what you can. You don’t and can’t do it all yourself. Figure out what you can delegate to others in both your personal and business lives. It’s worth paying someone else to relieve some stress.

Yes, I practice what I preach (80% of the time 😊). I recommend you practice it, too.

If I can be of any help, please feel free to contact me at Hello@keepitsimplewithsue.com or 419-280-1141.