



3 WAYS TO INTEGRATE

WORK AND LIFE

You hear it all the time - to be happier and more productive, you should balance your work and life. However, we can't compartmentalize our lives; interconnectivity and the way our brains are wired make this separation an uphill battle. A parent cannot simply forget about the kids during work., or ignore work responsibilities once he/she leaves the office.

There is a middle ground. Rather than striving to separate work and life, an effort that can lead to anxiety and stress, why not weave them together? Follow these 3 rules for a seamless work-life integration.



RECONSIDER YOUR OCCUPATION

It's a given that no matter what your profession, there will always be pros and cons for your chosen career.

Wouldn't it be amazing if you enjoyed your chosen profession? You would feel a natural inclination to complete the tasks at hand.

Start by taking a look at your profession and career path to see if it feeds and nourishes your passion for excelling and expanding. When you are satisfied with what you do, it's a joyful process to incorporate work into your life with ease.



REALIZE IT'S OKAY TO LOVE YOUR WORK

At times, we feel an urge to work on an exciting project in our personal time, even sacrificing a well-deserved weekend. We need breaks, but we also need to feed our desires to excel and achieve.

Sometimes you will feel a strong momentum and sense a powerful life force that requires your full attention and effort. Go for it!

Integration means not feeling guilty when answering emails after spending time with your family unwinding. These few minutes will make your next day more streamlined and efficient.



MODULATE YOUR ENERGY

Everyone has energy spikes, dips, and times when we coast. Being aware of our energetic mood helps us emotionally, physically, and mentally.

For example, it's okay to realize that during work, you might need a fun YouTube video so your brain relaxes..

Being aware of what we need in each moment to achieve emotional and energetic satisfaction helps us to meld both work and life together.

You can leverage your energy levels by allowing yourself to slow down and relax, and boosting your energy by taking nature breaks.