Work Life Balance: Reality or Rationalization

Linda Darrell, LCSW-C, PhD

How Many Things Are We Attempting to Juggle??

How Much Time in the Day ?

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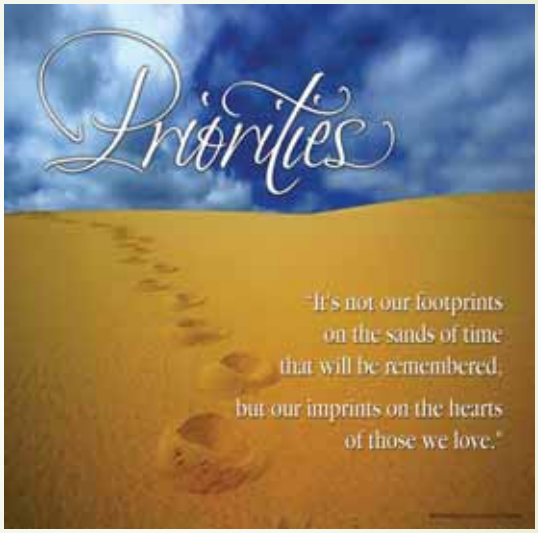
Where and What are my Priorities



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Responsibilities, Obligations, Commitment

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SELF-CARE

True self-care is not salt baths and chocolate cake, it is making the choice to not build a life you don't need to regularly escape from.

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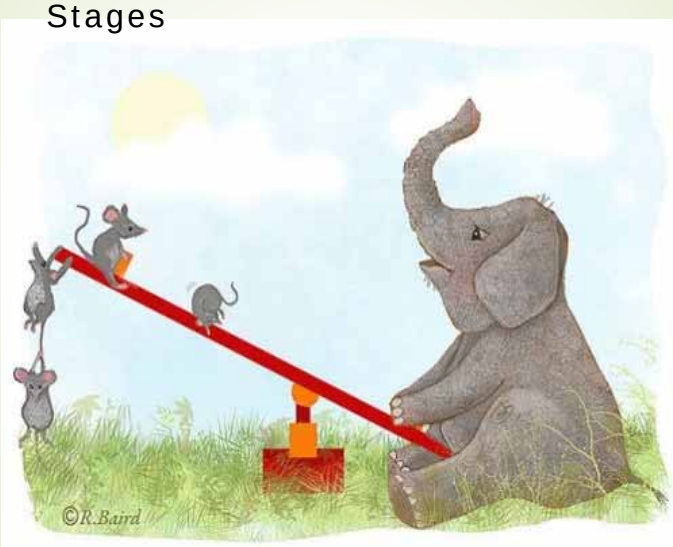
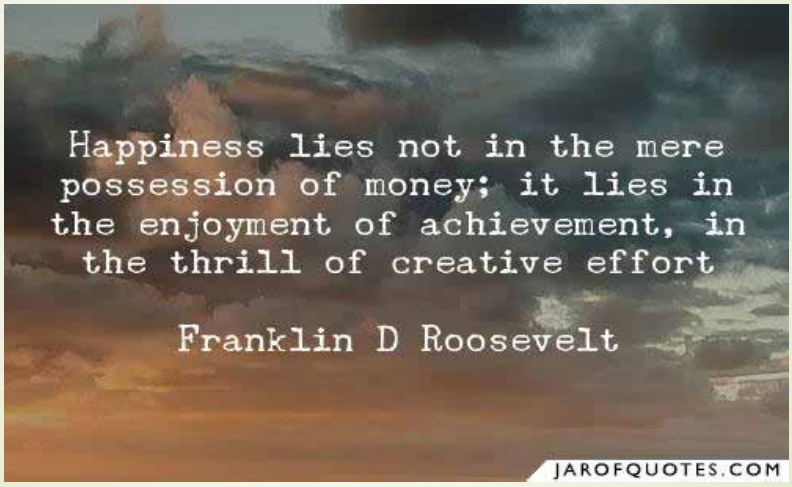
Balance Looks Different at Different Stages



What Do We Aspire To Achieve?

How Much of What you Have Achieved have you Enjoyed ?



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- Foundation=Values
- Life
- Obligation
- Work Achievement & Enjoyment =Balance

Work Life Balance: What is Your FLOW?