



## Balancing Work and Family Life

Women from all cultures around the world experience the challenge of excessive workload. This has negative implications for their physical, emotional, spiritual, social, relational, and economic well-being. Prevailing issues such as equal opportunity challenges, political and economic transitions, strict social and cultural norms and the slow process of change makes progress difficult. A good work-life balance enhances the wholistic well-being of women and enables them to be more productive in every aspect of their lives.

### **Ways to address it:**

Prioritize time with God before all else.

Secure 7-8hrs for sleep, and at least 30 min of physical activity/exercise daily.

Value people before things.

Devote time for play and self-care.

### **Resources:**

#### **Burnout self-test:**

[https://www.mindtools.com/pages/article/newTCS\\_08.htm](https://www.mindtools.com/pages/article/newTCS_08.htm)

#### **Managing workload:**

<http://www.amanet.org/training/webcasts/Managing-Your-Workload-for-Women.aspx>

#### **Women's Ministry Brochure:**

[http://www.adventistwomensministries.org/assets/images/MM%20Brochures/6issues/Brochure\\_6issues\\_WORKLOAD.pdf](http://www.adventistwomensministries.org/assets/images/MM%20Brochures/6issues/Brochure_6issues_WORKLOAD.pdf)

**“Commit to the Lord whatever you do, and he will establish your plans.”**

– Proverbs 16:3 (NIV)

