

Work-life balance

Where Work Meets the Rest of My Life

Adults | 10 to 15 minutes

Balance does not always mean equal hours. Work may collide with care, health, relationships, study, or rest, especially when choice is limited. Focus on one repeated conflict and distinguish a personal adjustment from a change that requires someone else's cooperation.

Choose an ordinary week. Map one work demand against one personal need instead of redesigning your whole schedule.

Identify the collision

Specify when work extends beyond its intended place and what gets displaced. Include unpaid work and unpredictable schedules rather than counting only formal job hours.

Make a concrete request

Ask for something observable, such as a clear response window, task priority, or shared handoff. If requesting is unsafe, consider confidential support and options before direct negotiation.

1. Which work demand repeatedly displaces an important need?**2. What part of the demand is fixed or outside my control?****3. What specific adjustment or support could help?****4. How will I notice whether the arrangement improves anything?****Clinical use and adaptation**

Attend to precarious employment, power, discrimination, disability, and caregiving. Do not imply that better boundaries solve excessive workload or guarantee accommodations. Help identify appropriate organizational or professional support.