Move to the Rhythm

Keep a healthy balance between life and work.

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Overtime at the office may seem beneficial, whether you are fighting for a promotion or need the extra cash, but the trade-off for coming in early and clocking out late may not be worth it in the long run.

Most experts agree that increased fatigue can decrease productivity, and that skipping time with family and friends can make you unhappy—not to mention that it can ruin those relationships. What to do? Take a deep breath and reevaluate your priorities. This is the first step to achieving a better work-life balance—and a healthier, happier you.

But sometimes the push to achieve equilibrium may turn into another stressor. If that happens, Jon Gordon, author of The Seed: Finding Purpose and Happiness in Life and Work, suggests we remember that the dance between work and life is more about rhythm and there is a time and a season for everything.

“Look at your life on a weekly, monthly and yearly basis. Schedule times to work hard, recharge, renew, play and engage with your family and friends,” Gordon advises. “Everyone’s rhythm is a little different, but when you find the right one for you and your life, you’ll be able to achieve a lot more at work and at home.”

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