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# Working from home? Tips for Creating a Work-Life Rhythm

(these tips work from the office as well...)

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DEVNET-1625

# Cisco Webex App

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with the speaker after the session

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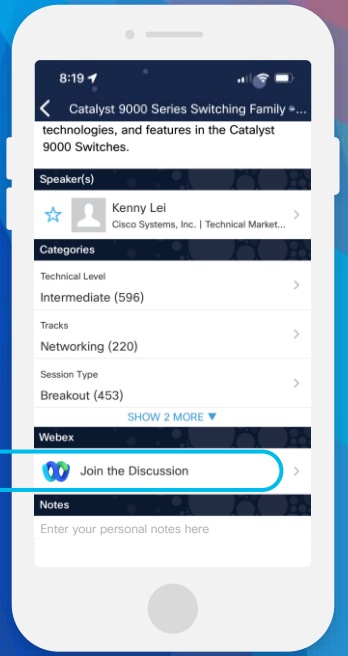


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# Agenda

- Spill the Tea
- Why it Matters
- Crafting your Rhythm
- Respectful Balance
- Empower your Symphony


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# Spill the Tea

# Balance

Work-life balance: A balance between work and other areas of life (family, hobbies, social activities, etc.)

Sounds great. BUT...

**Adam Grant**
@AdamMGrant · **Follow**

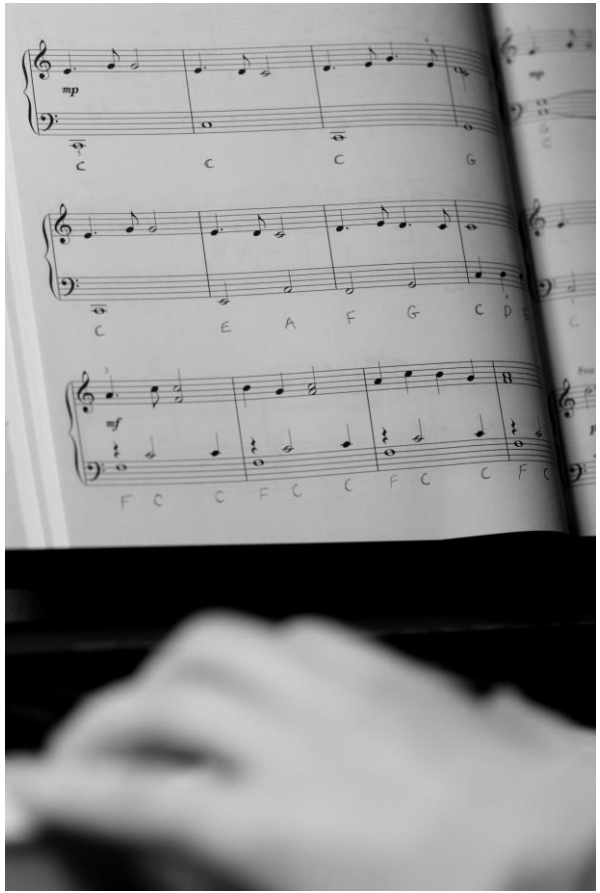
Work-life balance sets an unrealistic expectation of keeping different roles in steady equilibrium.

Instead, strive for work-life rhythm. Each week has a repeating pattern of beats—job, family, friends, health, hobbies—that vary in accent and duration.

#WednesdayWisdom

# Rhythm is different

- A work-life balance, focuses on achieving a 50/50 split - this is never a reality
- Work-Life Rhythm focuses on creating a rhythm or flow to our lives
- It allows us to be productive at work while also respecting our lives

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# Everyone's work-life rhythm will look different



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# Why it Matters

We can better manage our time and energy because we listen to ourselves

More ~~productive~~ efficient at work (*while also having time to relax and enjoy ourselves outside of work*)

Overall better for mental health, managing stress and feeling more fulfilled

# Habits == Automation

# Crafting your Flow

# It's like... Automating your Network

Start with the first 'problem' (something small, and consumable) and work from there. For example, can you answer this question:

- What does your Work / Life rhythm look like now?
- How much of your time is intentionally spent on each?

# Want some help??

# Demo

# Tips

Create a "no work" zone in your home

Set specific times of the day to stop working and dedicate YOU time

Take short breaks throughout the day to mentally recharge

# Demo

# Respectful Balance

# How?

Plan ahead and set realistic goals for how much you can accomplish

Including both work and personal tasks with goals

Connect with loved ones throughout the day


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# Look holistically at your entire month/week

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Consider your month or week as a whole

A better sense of the big picture

To identify patterns and trends in your work AND your personal commitments


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# Empower your Symphony

Communication with coworkers and family members

Assess when you are feeling high anxiety

Prioritizing rest and self-care and speaking up for yourself

# Creating a work-life rhythm

is essential towards a healthy & balanced life


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# Thank you

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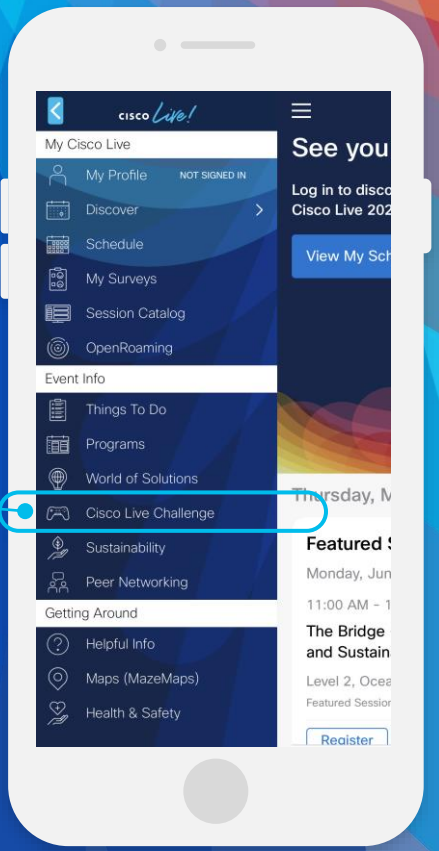


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