Work-Life Balance Problem Statement

Problem Statement:

Work-Life balance is an issue that affects the lives of many people in the workforce industry.

Who experiences this problem?

Most people in the workforce that work various types of jobs.

What is the problem?

The problem is people not knowing how to separate their personal lives and work. Many people who have jobs become sucked into this never-ending cycle of prioritizing work over their lives. Some prioritize work because they don't want to be behind or want to get ahead. Some, however, will choose their personal lives over work, causing a decline in their work performance.

Where is the Problem?

The problem is at the location of their job. Whether it is an office job or work from home job, people will still decide that their work is more important.

Why is it important?

It is important because this can cause someone to become stressed, and overall take a toll their mental health. With a good work-life balance, this issue can be helped and ease the lives of many people.