# Work-life balance

1. What is “Work-life balance”?

Equilibrium between personal life and career work

1. Name two examples of “life domains”:

* Family
* Freetime

1. How is “balance” defined?

A balance is achieved when you are personally satisfied with the distribution of time between the life domains.

1. What can affect the work-life balance?

* Work conditions
* Personality
* Gender
* When you were born
* And more

1. What are key differences between the generations?

Baby boomers need a rather strict separation, whereas pupil of generation y are commonly more relaxed in that regard

1. Is flexitime beneficial?

Yes, in most cases

1. What causes psychological stress, especially for women, regarding work hours?

Short-term changes in working hours due to the fact of them apparently planning everything ahead of time