Many people fail to achieve a balance between work and other parts of life. What causes the situation? How to overcome this problem?

The imbalance of work and other parts of life has become an increasingly severe issue in nowadays. There is no consensus on how to solve this problem. This essay will discuss some phenomenon and give some suggestions.

There are plenty of factors behind the issue. Firstly, because the develop of society and civilization, life besides working become more and more fancy. Therefore, it is easy to get lost in attractions, such as video games, which will definitely cause people to spend less power in their work. Leading to a weak society. On the other hand, working without a pause is a more common problem. Some people among this group is volunteered, other are forced by their company or similar organizations. The effect of working hardly for a long time to human’s mind and body has no need to mention. There are a lot of people suffering from over-working, some even died because of the diseases their work brought to them.

In order to solve the problem and prevent more causes to appear, we should do our best to keep the balance between work and other part of the life. From the view of a normal individual, they should first have the will to avoid too much rest or work, because only themselves could change their life style, so public health lesson is very helpful. However, from the view of company or organizations, it is easy to set rules to allow crews having a more balance life, which can not only promise the health of crews, but also their working efficiency.

As a summary, the imbalance of work and other part of the life causes many health and society problems. To keep the balance, the society could provide public lessons while normal company could make rules. With all these helps, this issue will be no longer a concern.