Work-Life Balance

MASC-MASS November 2015



Tips for Better Work-Life Balance

- 1. Let go of perfectionism
- 2. Unplug
- 3. Exercise and meditate
- 4. Limit time-wasting activities and people
- 5. Change the structure of your life
- 6. Start small. Build from there

Forbes Magazine: http://www.forbes.com/sites/deborahlee/2014/10/20/6-tips-for-better-work-life-balance/