



WORK-LIFE BALANCE FOR WOMEN IN NEUROSCIENCE

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Introduction

Work-life balance refers to maintaining a harmonious equilibrium relationship between one's personal life and work. It is crucial for overall well-being and for productivity in the workplace and at home. Increased obligations at work, working longer hours, increased responsibilities at home, and other factors are some of the things that will make it hard to balance work and life.

Very often the result is a high rate of health problems like hypertension, strokes, mental and emotional disorders including depression and anxiety. It could also lead to unproductivity in the workplace, burnout and losing relevance in your



workplace. It can also lead to strained and unhealthy relationships. Many people say they are dissatisfied with life and very often it is a consequence of having a poor work-life balance.

P-Nuggets to help you achieve work-life balance.

The truth is that no single prescription will work for everyone, but as a medical doctor, I want to recommend 6Ps nuggets, which, when applied consistently, and with God, can help women excel.

Prioritize your tasks by setting goals and boundaries.

You can set attainable goals by using time-management techniques, evaluating your to-do list, and eliminating things that are of little or no value. Pay attention to when you are most productive at work and reserve that period for the tasks that are most crucial in your career.

Avoid constantly checking your phone and email because significant time wasters interfere with your focus and productivity. Organizing your day can help you be more productive at work, which will give you more time to unwind after work. Set boundaries for yourself and your colleagues, to avoid burnout.

Positive Relationships

A positive relationship brings calmness to the mind. This state of polished and relaxed mindset engenders optimal creativity and maximal productivity while easing off stress. Embrace folks with positive, optimistic like-mindsets. Divorce pessimistic and toxic folks. This is non-negotiable if you want to have a work-life balance with mental stability. Remember without mental stability you can't execute as a woman both in your personal and office life.



Passion for your work

Spend time thinking about what is important to you in life. Consider your passions and interests and make time for the things that make you feel alive. You don't need to love every aspect of your work, but it needs to be exciting enough that you don't dread getting out of bed every morning.

"If your job is draining you, and you are finding it difficult to do the things you love outside of work, rethink "You may be working in a toxic environment, for a toxic person, or doing a job that you truly don't love.

If this is the case, it is time to find a new job.

Practice healthy living

Health is wealth and a healthy woman is a wealthy woman. Good health is anchored solely on our diet. We know that stress is inevitable and oxidative stress damages virtually all organs. Your physical, emotional, and mental health should be your main concern and goal. Nowadays even young people develop hypertension, stroke, diabetes and sudden death these days in the face of the recent global economic crisis.

Regular exercise has been proven to reduce stress, anxiety and depression. Good rest of sleep up to 6-8 hours per day, and eating healthy food loaded with fruits and vegetables will be our daily ritual. Adhere to the ever glowing dictum of Francis Bacon "Eat to live rather than live to eat".

Remember you are what you eat.



Practice time management

Time is of great essence and your productivity is directly proportional to your time management. The destiny of success is time. Adopt the slogan **'Do it now** and let go of perfectionism.'

Don't wait till the time is set because it can never be set. Shun procrastination because *procrastination is a grave in which destinies are buried*. Be proactive in all your doing as it leads to success while reactivity leads to failure. Delegate tasks that others can handle. Learn to say no when you are exhausted.

Plan for vacation and recreation

In the face of overwhelming work both in the office and at home, our passion dwindles and dulls, and our battery discharges and we lose grip of our job and become unproductive.

To recover from the strains and stress we need to take time off for vacations with friends, our kids and our spouse in order to recharge our batteries. This will gear up our momentum. Remember that all work and no play make Jack a dull boy. When you take time away from the stresses of work and daily life, the benefit can't be over-emphasized as it improves one's physical and mental health as well as job performance.

Conclusion

Taken together the overall benefits of work-life balance cannot be overemphasized. It leads to a high level of productivity. It creates stable mental health and well-being. By building a healthy work-life balance you will reduce elevated stress levels and give yourself room to grow personally in life and in your career.

A healthy balance between other aspects of your life and your career is something that every woman should aspire to and work towards.

