Balance

Work-life balance is an outdated concept.

Balance insinuates that the two items are in opposition to one another.

They're literally battling for control. The balance is possible, but it's hard and lasts only seconds before one takes over again. This can lead to feelings of guilt, stress and burnout.

Instead, shifting towards a more nuanced approach like work-life integration and focusing on overall wellbeing reflects an evolving understanding of what it means to lead a satisfying and balanced life.

What steps can you take to stop this opposition of work and life and instead make them work together, complementing one another?