

Work-Life INTEGRATION

We've been conditioned to believe that it is important to keep work and life separate, hence the phrase "work-life balance." But these are not mutually independent parts of our life and more than ever, these two roles coincide.

Work-life balance seeks to achieve an ideal state where your work and life coexist and thrive separately; **work-life integration** is about bringing work and life closer together.

Here are two practical ways to help you work toward more work-life integration....

1. Know what work-life integration means to you

Get some clarity on what you're aiming for. Like all big changes, it's important to have a clear goal in mind. Work-life integration will not look the same for every person based on their season of life, so you need to know exactly what this term means for you personally. Journal about the following.

- Will it give you more time for creative projects?
- Will it help you care for or connect with a friend or family member better?
- Will it afford better productivity and creativity at work?
- Will it help you focus more on your mental and physical well-being?

2. Write down 2 simple ways you can practice work life integration with healthy boundaries that will enhance your well-being.

Examples:

"Talk with my manager about taking time in the middle of the afternoon to walk outdoors or meditate."

"Let your work team know that 3 times per week, you are taking a 45-minute lunch to eat away from your computer."

"Allow space in your morning, to read or watch a video that inspires your work."

1. _____
2. _____

Submit to nmpsia.wellness@phs.org by December 10 to be eligible for a prize!

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