



## Top Ten Strategies for Achieving a Healthy WorkLife Mix As suggested by members of the Johns Hopkins Community

10. Get a good night's sleep! This is critical in achieving a healthy mix between work and family. When well rested, you can have productive work weeks and happy weekends and evenings. If you stay up too late and get too tired, both work and family will suffer. Make bedtime non-negotiable!
9. Take in a musical performance, lecture, workshop, or some other activity happening around campus. There are many wonderful opportunities offered at Hopkins that can engage your mind and spirit and teach you about something new.
8. Meet a friend for lunch at least once a week. When the weather cooperates, sit outside at some of the lovely outdoor sites on campus.
7. Take the steps whenever possible to squeeze in some exercise during the day. Enjoy a walk during lunch or go to one of the Healthy at Hopkins free stretching classes.
6. For both work and home demands, keep lists, check off items, and reprioritize as necessary. This will help you feel more in control of your life, and will keep you from stressing about work when at home, and about home when at work!
5. If you have children, spend at least thirty minutes a day doing something fun with them! This can mean game time, dance contests, or family movie nights.
4. Use commuting time not as something else to cause stress, but as an opportunity to listen to a good book a friend recommended, enjoy a CD you haven't heard in a while, or catch up on the latest news. This will help you arrive at home or work more relaxed and better informed!
3. Take advantage of spare moments throughout the day (for example, waiting for an elevator or for a meeting to begin) to "check in with yourself" about both work and home chores.
2. Use small breaks at work to stretch and exercise. Keep a small dumbbell at your desk and get in an upper body workout while reading emails.

### And the top suggestion for achieving a healthy worklife mix is:

1. Take twenty minutes to yourself every day for personal "me time." You work hard and deserve twenty minutes to yourself!

**WORK, Life**  
and Engagement