



# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Let’s begin by taking a smallish nap or two.” -- Winnie the Pooh*

## Small Steps to Balance Work & Life

The speaker in this TED talk, Ashley Whillans, texted a client during her first child's first ultrasound. Be honest. Who among us hasn't done something similar?

Allowing work to constantly creep into our personal lives has a cost: "a life shortchanged on meaning, joy, connection, and even memory."

Organizations lose 32 days of productivity each year due to employee depression, often the result of our inability to step away from work.

Here are a few strategies to try.

First, reframe "rest." Many of us view rest as unproductive time. Nope. It's a time to be present & savor.

Treat your upcoming weekend like a vacation. Nothing expensive or complicated, just a state of mind.

Create boundaries: "I will not respond to email until I'm at work."

Work with your team to set goals, hold each other accountable & cover for each other.