

# Routine Aequatis

Work life Balance has been defined by various researchers with different perspectives. However, for me it is to maintain the two different aspects of your life in such a way that they don't reflect problems of one part of life in another. Allocating time to both aspects of life unprejudiced so as to do away with any sort of imbalance. It is a difficult task but it can be achieved with proper planning and discipline or resorting to techniques which incline me to both with same degree.

## Solutions:

1) Small breaks (15min approx.) at regular intervals are must. One can resort to various activities like: Yoga for improving concentration like tadasana, garudasana, virabhadara asan, bakasana, meditation.

- a) Socialising through Facebook, twitter etc.
- b) Spending some time with nature like a short walk
- c) Power nap

2) Generally motivational work undergoes a parabolic curve, with highest during the initial and final phase. If one maintains the same motivation levels, one is bound to rule the world.

Thus resorting to certain motivating and inspirational things like:

- a) Once a week watching movies like Theory of Everything based on Stephen Hawking's biography.
- b) Reading books like those of Steve Jobs and some interviews which make me see my tasks with different perspectives and thus I get more indulged in my work

3) Before sleep I give some time for self-introspection and analyze what I want and what path I have to follow. And then review what I did the entire day to reach my goal.

4) Watering plants or spending time with nature makes me feel refreshed and being away from gadgets I feel the essence of my existence and the aims of my life more clearly.

5) Pining up inspiring quotes in front of my work station which makes me remember where I have to reach and for that I have to work right now and socialize later.

6) Healthy body leads to healthy mind; thus we need to do the following-

- a) Consumption of Water.
- b) Exercise is a must (For relaxation of back- dolphin kick, hip hinge; for neck- bitilasana, balasana, ardha matsyendrasana, viparati kirani)
- c) General yoga (jal neeti, surya namaskar etc.)

7) proper sleep is important which in effect makes me fitter, energetic and intellectually sound

8) distractions and frustration can be controlled by

- a) Success acts as a stress buster for me as It brings in feeling of motivation.

- b) Often ask yourself the question: how will this help in achieving my aim in life. This will help avoiding distractions
- c) Learn to say NO

These strategies have remarkably

- Improved efficiency and made my performance better.
- Frequency of headaches reduced
- able to control my work more effectively
- satisfaction level with respect to my efforts have increased
- Frustration level of tasks aligned till deadlines have reduced.
- No more scared to try out Something new
- It boosted my competitive spirit.

In a nutshell my overall performance with respect to my life and specially work improved and I can say that I passed with flying colors in balancing.

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