

Live without stress

1. What strategies have you employed to maintain a work/life balance?

Create a daily routine but not taken this as mandatory. It can be flexible depending in the style of live of the person. For example if a guy is single or married it should be different, in my case I have to take 8 hours per day active my PC so absolutely I have to attend meeting, and reach my goals and projects every day.

In the morning, I turn on my PC at 8:00 am but I get up early like at 6:25 every day. I begin my day preparing a breakfast for me and my daughters. My wife is a teacher so she must leave the house at the same time that I get up of the bed 6:35. Then when my daughters and myself had been taken the breakfast I bring them to the school at 7:30 so I back to my PC at 8:00 am.

I have worked in my projects, goals and activities until 11:00 am but depends can be 30 minutes after or before then I goes to do exercise and I take away to the park my dog for about 20 or 30 minutes. Then I take a shower and I goes to the office at 2:00pm

I'm back to my house between 5 or 6:30 and then we all together take a meal.

I help to my daughter with their homework and then we can play electronics game or goes to the park.

As I said before my routine can be changed and not necessary take as a mandatory every single stuff routinizes.

2. How do you maintain these strategies?

Being flexible. Sometime I have goals in the exercise routine, in my work reaching my goals and in my family having good times together.

3. What influenced you to implement these strategies?

My influences on this is to have a good health, if you have good health you can have a good job, if you have a good job you can have a good family, if you have a good family you can give thanks to God the rest of your days.

4. How have these strategies affected your work/life balance?

Sometimes you or I have to split in two or three at the same time. So we need to take advantage of every single moment in the life. I think during the day I'm attending my work and my life 50/50

5. How long have you been implementing these strategies?

For around three years

6. How have you shared these strategies with your colleagues? friends? family? If so, how have they incorporated them into their lives?

It's hard to implement these strategies with my family (brothers and sisters) or friends because the majority of the jobs must be attending in a specific places or field for example my wife as a teacher must to attend their students in their schools. And so on

7. What does work/life balance mean to you?

Work/life balance can be significant a lot in my live. Everyone in this world comes just for a time frame between 70 or 85 years. If nothing tragedy happens in the life. How did you live that time? Everyone eats, sleep, and live together each other, why don't you live in peace in that time. Trying to avoid to get crazy with the life style that almost every one lives in this world.

8. If your submission was influenced by a book/blog/course/program, please tell us about it and share a link (if available).

My submission was influenced only by my thoughts and my current kind of live