



## FTPD-Issue 22

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*During this pandemic, I have found that it is much easier to become overworked. The ease of setting up Zoom meetings, taking quick calls, sending many, many emails and being available on WhatsApp is certainly necessary to keep us connected and informed as we work remotely, but it also allows for greater access to us at all times. I can spend a whole day going from Zoom to Zoom, often forgetting to stop for lunch, and the next day I am right back at it again. Fortunately for me, I am very possessive of my “me time”. I pray and meditate each morning. I do two to three miles on the treadmill after meditation sessions, and while on the treadmill, I do Spanish lessons or read.*

*Of course, it is very easy to get lost in work and upset your work/life balance, especially when you love what you do and it is important work. However, in the wise words of top Business Consultant Betsy Jacobson, "Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices." Honestly, we all need to work on achieving better work/life balance – it is necessary for our mental health and wellbeing. The best way to begin to do this is to set boundaries and communicate them to those who need to know. Yes, there are, sometimes, emergencies, but if you need a mental health day; have a cut off time for work, or weekends are off-limits, let your manager or boss know so that they can respect those boundaries and you can get some balance.*

*My challenge to you is for you to make a determined, consistent effort to achieve greater work/life balance. Take some time to play, relax and do the other things that you love. Make time for volunteering, journaling, mentorship programmes or learning a new skill. Remember, "Never get so busy making a living that you forget to make a life." – Dolly Parton.*

*Please continue to spread joy and send inspiring quotes or scriptures to [presidentsoffice@ub.edu.bs](mailto:presidentsoffice@ub.edu.bs).  
Please stay safe and be encouraged.*

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