Life-Work Flexibility

While the pandemic has thrown off our life-work balance, we can stay resilient by aiming for life-work flexibility. Burnout, guilt, mental fatigue, stress, and anxiety are some common feelings many of us are going through. However, with some management hacks tailored to our unique work-home life, we can push through and persevere.

Be Realistic
- Embrace the fluidity of life and work at home
- Know what works for you right now
- Accept there will be bad days and good days
- Take one day at a time

Communicate
- Convey circumstances with your boss/colleagues
- Say no to impractical requests
- Express what bothers/stresses you
- Practice gratitude to others and self

(Attempt to) Be Organized
- Create a family calendar and try to stick to it
- Reserve times for self-care, meditation, and fun
- Try to establish a routine with your little ones
- Create a wish list for things you want to do

Work on Self
- Take care of yourself so you can help others
- Practice mindfulness
- Exercise (even if in short bursts)
- Hydrate, take vitamins, and eat clean

Transform Your Home
- Arrange self-serving beverage/snack stations
- Declutter and keep things that give you joy
- Empower older children to help out
- Have a dedicated workspace and a portable one

Resources
- Academia in the Time of COVID-19
- Reflections on Faculty Life in a Pandemic
- UTEP Services for Faculty and Staff
- Mama, Ph.D. and UTEP’s Mama Academic

Click this link to view the Grab-N-Go video: