

“Investment is for the wise”

-Anonymous.



Monthly Newsletter

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BALANCING YOUR WORK AND PERSONAL LIFE

It was already 10pm and Ada knew she had to be out of the office. She could hear her husband's voice in her head saying as he always did "The work never finishes, that's why there's tomorrow". She quickly packed up her belongings as her tummy rumbled. She had skipped lunch that day because of the project she was working on. It was specially assigned to her by the Executive Director and she really wanted to prove herself.

Ada was the office “Superwoman” - intelligent, hardworking and always ready to help. She was always going above and beyond, not just to impress, but because that's who she was. This habit had made her a model employee and noticed by top level management. The project she was handling was two levels above her, but was handed to her because she had won her ED's trust and she was not going to let him down.

Ada hated driving at night, she didn't feel safe. She had remembered to lock all her things in the boot of her sedan so as not to attract unnecessary attention to herself. Her colleague, Jide, who she usually rode with had closed early and so she had to ride alone tonight.



In a bid to keep awake, she turned on the radio and rolled down her windows. "The cold night breeze should keep me awake" she muttered to herself under a loud yawn. She was getting really sleepy and would need to get home as fast as possible. Lucky for her, the road was very free as there were very few cars in sight.

Last thing she remembered was trying to decide whether or not to have dinner before going to bed when she was jolted awake by a loud bang! She slammed the brakes immediately struggling to take control of the wheels. She must have slept off for a moment and gone over the culvert to the other side of the road. Fortunately for her, there was no oncoming vehicle as she slowed down to a complete stop. She wanted to come down to assess the damage to her car but couldn't. That area was not safe and at such ungodly hour... She decided to keep going and only stop when she got home. The adrenaline rush from the accident had woken her up fully.

There was no way she would sleep again. As she dragged her car the remaining distance home, she couldn't help but play back the last few months of her life. She'd been over working herself lately. She hardly had time for family let alone friends. They had gotten used to life without her. She thought about her kids at home, and how they had become so used to her absence. And her husband! "How could I have lived my life this way? I've barely made out time for the things that matter most" she thought. "What if something had happened to me tonight?" She said to herself as she sobbed.

Ada realized it was time to make some lifestyle changes. She had to manage her time in a way that would enable her live healthy so that she does not miss out on other important things of life.

Does your lifestyle bear a semblance with Ada's? Do you find yourself paying less attention to the things that matter the most: like your health, family, and friends? Here's a few tips that could help you find a balance.

- **Prioritize your activities:** Identify unwarranted activities and respectfully decline requests that do not align with your priorities and schedule. This strategy would provide you with ample time to deal the tasks that matter.
- **Practice good personal habits:** Medical research has proven that adequate sleep, regular exercise, balanced nutrition and other key life style factors are vital for the body to function optimally.
- **Take holidays:** Plan a vacation with family and friends. Soak your feet in the sand, relax, have a good laugh. You would be amazed how reinvigorated and productive you would become when you resume work activities.
- **Make deliberate efforts to have fun:** The old adage of “all work and no play makes Jack a dull boy” is still very relevant in today's world. Once a week, schedule at least one activity you find fun and are passionate about. It could be reading a

book, having your private time, going for a massage, visiting the mall, catching up with old friends and the list goes on.

- **Periodically appraise your current lifestyle:** Preferably with the help of a close friend or mentor, do this at least once a month. Make adjustments where necessary to ensure you are on the right track to achieving a well-balanced life.

Remember, the key to achieving a healthy work-life balance lies with you and the decisions you make. Your life is meant for more than work. Take a decision to liberate yourself today. Live more, Love more, Laugh more.

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