



Finding Balance & Compromise

Factsheet

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Healthy Life Balance

Maintaining a healthy life balance is not only essential for happiness and wellbeing, it can give a tremendous boost to your productivity as well.

A well-balanced person has a far greater ability to focus their attention and energy on achieving their goals, taking action and moving forward in a meaningful way.

Do you feel like the balance in your life isn't right? With small adjustments over time, you can get back what isn't working for you and regain some control and balance.

Eventually, you'll have a new set of positive life habits, and a happier, healthier you.



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Improve your life balance



Turn it off

Disconnect at the weekend. For one day or even a few hours each night, put the phone down and turn off the computer. Relax and recharge with the people and things that you love.



Lighten up

Laugh, joke, play, find your sense of humour, subscribe to a daily joke or get a tear-off calendar. Nothing makes you feel better as fast as a good old-fashioned belly laugh.



Explore your surroundings

Take a walk and pay attention to what's going on around you. Take a new route and be an amateur photographer.



Say no

If your life is overflowing, you'll never be able to achieve balance and manage it all. Say no to everything that's either not essential or doesn't add some value to your life. Be ruthless!



Spend time alone

Lower stress, increase happiness and encourage creativity by making time for you. Try meditating, writing, or sketching, do some yoga or simply sit quietly for a few minutes each day and do absolutely nothing.



Expand your awareness

Follow an online class, learn to paint or try something new. Read a book that sparks your interest or try listening to uplifting music. Find what interests you.



Prioritise your health

We know what we need to do, but quite often it isn't a priority until we have a health crisis. Our health really does affect the quality of our lives and our work. We're far more productive and happier when we get enough sleep, eat a little healthier and fit in being active.



Relationships do matter

Set aside quality time with your family and friends (while adhering to lockdown restrictions). Turn off the television and connect and pay attention to those you care about. Really get to know the people around you.



Minimise toxins

Staying healthy isn't just what we put in our bodies, but what we put in our minds too. Avoid too much negative news and avoid toxic people (complainers, whiners, poor attitudes). Surround yourself with positive, supportive, can-do people whenever possible.

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Compromise is key

Know when to stand your ground and when to know which battles are worth fighting. Compromise can help your mental wellbeing as well as the people you interact with at home and in the workplace.

Compromise at work

Know what's worth compromising on

In a situation where you'll need to consider compromising, think about the significance, relevance, and personal investment required if you fight that fight. If it takes too much out of you just thinking about it, it's probably not worth it.

It's not a weakness, it's a strength

Compromise can work in situations where you understand that within a discussion you're two people on the same team, both trying to get the most value out of a situation.

Understand the other person's needs

When you're in a compromising situation at work, try to understand what the other person truly needs. For example, they may be arguing for fewer responsibilities when what they really need are responsibilities that are more in their remit.



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Compromise at home

Don't always be right

We all want to win, it's understandable to feel that way but it's something that's worth changing. If we only want to win, then we're not actually listening to the other side because we choose not to. Listening will not only make the other person feel their opinion is valued but it will also allow you to understand their point of view better.

Let things go

You don't need to compromise your values, just know when it's not worth getting worked up over something. The compromise might be uncomfortable at first but once you've told yourself that it's acceptable, over time, it will become a new habit. For example, if you like a spotless home, but live with kids under five – it's likely you'll need to compromise.

Rethink expectations


Having expectations of others that aren't realistic will not only damage good relationships but keep you in a state of stress. Learn to know, listen and understand the other person. Keep your expectations in check and if they're unrealistic, you'll need to compromise.

Be willing to change

After you rethink your expectations, be willing to act on the changes. It's one thing to say you're willing to compromise, but another thing entirely to act on that change. A major part of compromising is actually following through with the resolution.

Show appreciation

No matter what the outcome of a compromise, show your appreciation to others involved. Being willing to compromise, instead of fighting until the finish, is an admirable trait.

A photograph of a man and a woman smiling and embracing each other. The man is on the left, wearing a light blue shirt, and the woman is on the right, wearing a white top. They are both looking towards the camera with warm expressions.

“Balance is not something you find, it’s something you create.”

Jana Kingsford

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