



## Top 10 ideas to find Balance

- Recognise that balancing the roles of mother/parent with career is work in itself. Striking a balance doesn't happen by accident, it requires planning and effort.
- Recognise that you are fabulous! Just being a mother and holding down a job makes you a success. Doing it with style and balance makes you amazing!
- Remember yourself – If you don't look after your own needs, you won't be able to find any balance in your life.
- Be flexible – life always throws curve balls, what worked last week may not work this week – allow for changes and don't expect perfection from yourself all the time
- Stop trying to be Superwoman – Don't try to do everything all the time. Some times the vacuuming may have to wait.
- Recognise the signs of imbalance – stress, fatigue, resentment, depression, unhappy family life, dissatisfaction.
- Delegate – Get the kids to help out, hire a cleaner once a fortnight
- Prioritise – Know what the most important things are and concentrate on those – the smaller things can wait.
- Think “outside of the box” – be creative in finding solutions to your life
- Take time to think about balance and plan how you can get it this week.

