

Connect WITH Your World

# Balance it all

Career, family, and a personal life. You can have it all, can't you? Absolutely! But when the demands of work overtake the demands of your family and personal life, you can suffer chronic stress and burnout. And miss out on some of the best things in life. Sometimes it takes effort to balance it all.

The key might be to keep your eye on your values, learn to say no, stop reaching for perfection, and "unplug" regularly.

