Is work life balance possible during pre-tenure years?

Faculty Forum

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Yes, but you have to actively seek it!
What does work/life balance mean to you?

- Health
- Family
- Enjoying downtime away from work
- Enjoying work
- Succeeding in tenure
My Challenges in getting there
(1) Flexibility of the job

• Create structure to manage my time
  • 8am to 4pm Monday to Friday
  • Leave work at work
  • Email is still a problem

• Learn to be more efficient at work
  • Figuring out my strengths & weaknesses

The downtime allows my brain to filter ideas in the background and has really improved my creativity.
(2) Managing anxiety/insecurity

- This job is 99% a mental game, if you can manage this you have succeeded
- Find like-minded colleagues, friends and family to talk to - this helps with perspective
- Physical activity
- Meditate
- Get enough sleep!
(3) Learning to check my ego at the door

- I *try* not to compare myself to anybody else
  - There will always be someone better and worse than you

- It feels good to be asked to sit on committees, take on a project etc - take a moment and evaluate if it really is the best thing for you

- If I take on a project I manage expectations from day 1

- Success is important but at what cost? Is it worth it?
Imagine life as a game in which you are juggling some five balls in the air. They are **Work, Family, Health, Friends and Spirit** and you’re keeping all of these in the air.

You will soon understand that **work** is a rubber ball. If you drop it, it will bounce back. But the other four Balls - **Family, Health, Friends and Spirit** - are made of glass. If you drop one of these; they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for it."

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*Work efficiently during office hours and leave on time. Give the required time to your family, friends & have proper rest*

*Value has a value only if its value is valued*