

# FACT SHEET

## Work–Life Balance

A person who has work–life balance consciously balances the time and energy they put into their working life and personal life by making appropriate choices and using effective strategies. This has flow-on benefits in the areas of life satisfaction, stress management, and happiness.

It is easy in the legal profession to lose balance, particularly when working for a large firm, or managing several clients. In some ways law firm culture does not support work–life balance, but in recent years some firms have made efforts to address this issue.

The point is to be conscious about our work–life balance. We may consciously choose to put our balance out for a few weeks when we are studying for and sitting our exams, but it is important to factor in a break at the end of this time, rather than just pushing on with more work. A law degree will be of little use to you if you are burnt out!

Work–life balance is about balancing conflicting life priorities, such as:

- Health
- Study
- Work
- Partner
- Family
- Community
- Social
- Hobbies
- Religion
- Money

You may, for example, choose to give top priority during semester to your study, health, and your partner, with lesser priority to socialising and travelling. You could plan to include these activities during the semester break, such as working hard and saving up some spending money to give you some breathing space during semester, or just letting your hair down and partying.

A good way to maximise balance is through synergy – this involves combining priorities in order to meet two needs at once. Examples include walking with a friend or family member (combines health and social/family), forming study groups (combines study and social), or doing volunteer work in a community legal centre (combines community and study/work).