

# Managing Work Life Balance During COVID

**W**ork **L**ife **B**alance is the equilibrium which a person aims to achieve in his/ her personal and professional life. While maintaining the Work – life balance has always been essential, the outbreak of COVID-19 has highlighted its need and importance more than ever before. We saw both these aspects merge when COVID outbreak caused lockdowns worldwide and people were required to work from home. The task of balancing both parts proved for many to be more herculean than imagined.

The struggle is real. From having to do household chores, to achieving work targets and deliverables, nothing could be compromised. Especially if you are a working parent with no house help around, the daily chores could become burden. So, how can one go about doing all these chores while maintaining balance?

The first step is **“Help from Self”** – an urge to contribute. Work from Home can be treated as a benefit which gives you flexibility in your daily tasks. But to manage, one may need to plan out a schedule and stick to it. This way, one can efficiently execute their professional assignments and household chores while maintaining balance.

The second step would be **“Help to Self”**. While taking care of everything is necessary, ensuring that we do not push ourselves to point of break is vital. For this, moderation is key, i.e. ask for help wherever needed. Working parents need to communicate and let each other know of their deadlines and chalk out a way to manage the household chores with equal responsibility. Working parents with infants will require much more support from each other. It is important to communicate with colleague(s) or manager(s) to plan a way to achieve targets and deliverables. We need to accept that we cannot do everything on our own and we will need hands to help us. This will help us achieve better balance, promoting physical, mental & emotional wellbeing of each member of our families and workforce.



Lastly, the most important aspect is **“Me – time”**. It is very easy to forget “me” as priority as everything else seems to take precedence over your own needs. Your focus can be on multiple things at the same time. Taking a step back from hustle and taking out time for your own hobbies and needs is something which needs to be encouraged within our family and team members.

This Pandemic has, undoubtedly, left our lives in an imbalance. It has changed the way we know and dealt with life. The global outbreak and its repercussions have made us realize the importance of appreciating the small things we have and the people we care about. In these times, we are working on spirit of togetherness, giving, and helping others.

To put it in simple words, we need to strive for a balanced lifestyle which encourages a sense of responsibility. Being responsible means ensuring more trust and freedom and being conscious in our decisions. It is an awareness of our obligations for wellbeing and actions. If we try to find some harmony between our thoughts and action, we can implement a pragmatic approach, and then create a step-by-step plan with achievable outcomes.

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