



HOW TO GAIN WORK-LIFE BALANCE BEFORE OR AFTER YOUR LIFE FALLS APART

This book will guide you how to identify that your work-life balance is out of control.

HEALINGPOINT.CO.ZA



FOUNDER OF HEALINGPOINT

I help executive professionals, whose work and family life, or health, is falling apart due to work pressure, regain a good work-life balance.

As a life and transformation coach, Sonja discovered her passion for empowering people through her own life experiences. Through the use of efficient and innovative techniques she provides expert guidance through step by step healing processes which allows people to be able to see life more colourful and clearly focused.

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**ARE YOU FEELING OVERWHELMED AND OUT OF
BALANCE?**

**ARE YOU STRUGGLING TO KEEP UP WITH
THE DEMANDS OF WORK, FAMILY, AND ALL
YOUR PERSONAL COMMITMENTS?**

ARE YOU WORKING TOO MUCH?

RECLAIM YOUR LIFE!

YOU MATTER - YOUR LIFE MATTERS



IT DOESN'T HAVE TO BE THAT WAY!

Learn how to gain work-life balance before or after your life falls apart. This book will guide you how to identify that your work-life balance is out of control.

HOW TO GAIN WORK-LIFE BALANCE BEFORE OR AFTER YOUR LIFE FALLS APART

For many people, work-life balance is an elusive goal. With the demands of our professional and personal lives constantly tugging at us, it can be hard to find a state of equilibrium. Yet achieving this perfect balance is important in order to ensure good health and well-being, both mentally and physically. We may be consciously aware of this, but the idea of gaining a work-life balance is hard to achieve and even harder to maintain.

This creates an even greater feeling overwhelmed and out of balance, especially when life often throws us curveballs that leave us feeling exhausted, frustrated and unorganized. Our to-do lists seem to grow exponentially while our free time dwindles.

Many of us struggle to feel like we have control over our lives. We often feel bogged down by the day-to-day tasks and obligations that come with living a modern life. We may start to wonder if there's any way to take back control and live a more meaningful, purposeful life. Yet, it is essential for any individual's mental and physical health.

The ability to recognize and prioritize your own needs before or after your life falls apart is crucial.

It is important to recognise that you are struggling to manage your life and you feel like you're losing control. You may not be aware of it at first. It creeps up on you. Frustrations flare up more and more. It may be that work, family, friends and other obligations are making it hard to get any work done. You're missing deadlines and feeling stressed out.

You feel like you're constantly juggling tasks, trying to decide which one should take priority over another. Unfortunately, this means some things fall through the cracks — things I thought were important at one point but quickly became low-priority as other matters came up. As a result of this chaotic lifestyle, you often feel disorganized and stressed out because it feels like every part of my life is falling apart at once.

5 EASY STEPS TO GAIN WORK-LIFE BALANCE

It is important to take a step back and find ways to restore balance in order to prevent total burnout.

To create harmony between your career and your home life, you need to implement a few strategies that help you remain productive while also managing stress levels.

1

The first step is acknowledging that life is busy and it's okay if not everything gets done at once.

Prioritize tasks and remember it's alright to say "no" when necessary - it may actually be healthier for your mind and body.

2

Next, create time for yourself by scheduling leisurely activities like a stroll through the park or coffee with friends - these are essential sources of relaxation which help reduce stress levels.

To begin with, make sure to set aside time for myself each day where you are free from work related tasks or family obligations.

This time can be used for exercise, meditation or simply just relaxing with a book. Doing something completely unrelated to your job helps refresh your mind so that when you go back to work afterwards I am more focused and motivated than before.

3

Set actual boundaries between work and home.

Boundaries could include turning off work notifications during non-work hours,

Creating a designated workspace at home that is separate from other areas of the house

Avoiding checking emails outside of business hours if possible.

Having clearly defined parameters will help set expectations with colleagues and friends about when you're available.

6

4

One way to improve your mental well-being is by engaging in regular physical activity.

Exercise releases endorphins that can help boost mood and reduce stress levels. Additionally, it's important to have a positive outlook on life.

5

Connecting with friends or family is also beneficial for improving one's emotional state as it allows us to share our feelings and support each other through difficult times.

There is an even easier way

Sonja at HealingPoint offers the silver bullet solution. Find out more by booking a FREE session with her [HERE](#).

What is the Silver Bullet solution?

I help executive professionals whose family life or health is falling apart due to work pressure to regain a good work life balance in 90 days or less.

We will identify all the 'knots' that tie you down to create the ideal work-life balance to suit your needs. I know you don't have time for long discussions and hours of coaching.

You want the Silver Bullet quick fix solution.

Take your first and most important step to

[Find Balance Now!](#)

I DON'T NEED HELP

I'M NOT THE ONE WITH THE ISSUE

The issue of awareness is not singular to one person, but a collective responsibility.

We must learn that everybody's life matters. Everybody's well-being is just as important as physical health.

We must have the courage to both ask for help when needed and be willing to offer assistance to those in need.

You may not be aware of how your actions and reactions affect those close to you.

It is crucial to recognize when we are struggling and take the necessary steps towards self-care.

Why don't you just check in with Sonja?
What do you have to lose?

CHECK IN NOW!

I DON'T NEED HELP

I CAN'T BE BOTHERED

When it comes to addressing our, or other's issues with us, it can be difficult to take the time to reflect and understand our own emotional needs.

Issues are often seen as a personal challenge, but what if we shifted our thinking to recognize that external factors are often at play?

Emotions are complex, and there can be numerous environmental influences that lead to an issue or concern.

Understanding the underlying causes of emotional and health problems and accepting that we may not always be the ones with the issue can help us move towards healing and growth.

Instead of simply blaming ourselves for how we feel, this new level of understanding can help us become aware of potential triggers in our environment that require attention or shift in behavior.

We must remember that addressing our emotions doesn't mean putting blame on ourselves– it means taking accountability for how outside influences impact our internal worlds.

I DON'T NEED HELP

I AM WEAK IF I ASK FOR HELP

When faced with a difficult challenge, it is common to feel overwhelmed and vulnerable.

The idea that asking for help means we are weak can be pervasive.

This thinking is misguided and unhealthy.

Asking for help is a sign of strength, courage and resourcefulness rather than weakness or inadequacy.

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