

SET BOUNDARIES

Boundaries may vary from person to person. This could include not answering emails on the weekend, if your position is not required to, or changing from your work clothes upon arriving home.

UNPLUG

When arriving at work, you are dedicated to working and should be following the same practice when arriving home. Leave work at work and home at home.

WORK-LIFE BALANCE @ LSU

Maintaining a balance between work and personal life is important for our employees. We want to encourage a life outside of work. By doing so, we have defined some helpful tips to assist with balance between the two to ensure a happy and healthy life while working at LSU.

TAKE BREAKS

Whether it is a lunch break where you can leave your workstation or it is a vacation/ time away from work. Taking breaks from work is vital.

BE CONSISTENT

With whatever practice you choose, remember to be consistent with it. You may have to change along the way as life events occur but always remember what works best for you.