

PUBLICATION

Baker's Dozen: What Are Your Best "Balance" Tips?

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We recently asked our Firm's "Women to Equity" class members about their best tips on achieving "balance." These women, are all on a path towards equity, balancing busy work schedules and client relationships with their families, friends, and their health.

1. **Mary Wu Tullis:** I try and devote one weekend each month to self-care.
2. **Martha Boyd:** I try to focus on billable work during the week and non-billable work on the weekends. I am also trying to do better at what I say "No" and "Yes" to; making sure I am saying "Yes" to the important things in life.
3. **Dena Sokolow:** I try and take a little time for myself each day; even if it's just reading a chapter in a book or drinking a cup of coffee while watching the sunrise, I have found that having that time makes my approach to the workday better.
4. **Layna Rush:** On the days that I find myself not quite as busy, I try to take a deep breath and enjoy those moments.
5. **Bonnie Michael:** My daughter will soon be a senior in high school, and I want to make sure I spend as much time with her as I can right now. One way I do that is by planning my calendar way in advance, making a point to calendar work travel and schedule mother-daughter trips.
6. **Mabel Arroyo-Tirado:** One way I feel "balanced" is by running and taking care of myself.
7. **Katy Furr:** When it comes to balancing work and family, I try to go to as much as I can for my kids without worrying so much about the things I am not able to make. For my own mental health, I try and let go of the guilt on both sides about what I am missing for work and what I am missing for my kids. I also invest in taking care of my own personal health by exercising as much as I can with my new Tread.
8. **Blair Evans:** I have made a point to stay moving and stay healthy. I keep a checklist on my refrigerator that reminds me to get in some sort of movement each day – whether that's walking the dog or going up and down the stairs, I know I will feel better if I just get up and move a little bit.
9. **Allison Cohen:** I find that I feel balanced when I am exercising regularly and focusing on me and my physical health.
10. **Caldwell Collins:** I try and map out time in advance with my family. I go ahead and try to build in as much of that time as I can for the year.

11. **Beth Liner:** One way I strive to find balance is to really be "in the moment." Whether at home, with friends, or even at work, I make a point to take in those special moments around me.
12. **Michelle Zaltsberg:** I try not to let the thought of having so much on my plate become an added stress and instead, I just focus on moving forward.
13. **Tessa Vorhaben:** Scheduling time for self-care, vacation, and family time just like you would any other meeting. Unplugging sometimes is necessary to prevent burnout. Giving myself grace, not guilt, when I find my life is not in perfect "balance", because sometimes it's the self-imposed pressure and expectations to have perfect balance that can cause stress. Asking for help or delegating is not a sign of weakness; sometimes, it is necessary in order to provide excellent client service while also accomplishing other goals or tasks and meeting basic human needs, like sleeping.