

# PUTTING THE SPOTLIGHT ON WORK-LIFE HARMONY

It is evident that the hybrid work model is here to stay as Singapore continues to adjust to a post-pandemic new normal.

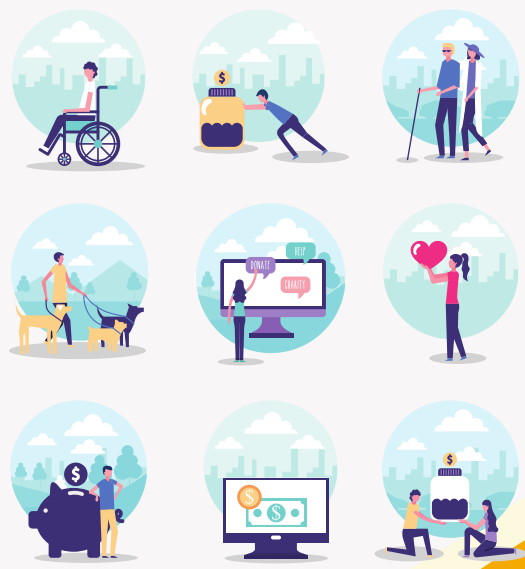
Does this mean **better work-life harmony**?



While working from home has its benefits, it has increasingly erased the boundaries between **time dedicated for work** and the **time that should be reserved for oneself**. It is important for individuals to maintain healthy work-life boundaries to achieve work-life harmony.

## WORK-LIFE HARMONY

*is a state where individuals are able to effectively manage work responsibilities and family/personal aspirations.*



## BENEFITS OF WORK-LIFE HARMONY

- Increase productivity
- Greater mindfulness
- Improve health
- Prevent burnout

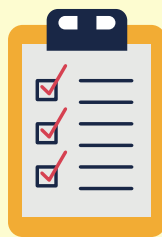


## TIPS TO ENHANCE YOUR PERSONAL WORK-LIFE EFFECTIVENES:



### Rethink Time Management

- Establish a routine when working from home



### Get organised

- Set daily goals in the form of a to-do list and stick to them



### Set boundaries

- Have a designated workspace
- Unplug at the end of the day



### Develop strong support system

- Nurture positive relationships



### Enjoy your FUN

- Make time for hobbies, passions and relationships outside of work



### Foster supportive work culture

- Encourage your employer to adopt the Tripartite Standards on [Flexible Work Arrangements](#) and [Work-Life Harmony](#)