

The Myth of Work Life Balance

Author and sociologist, Tracy Brower, argues that the concept of work-life balance is too limiting and has never been helpful. Instead, we have a work-life problem and here are three reasons to frame that problem better.

1. *Work-life balance artificially separates work and life.* Its harder to make the connection that our work both supports ourselves, our families and the people around us and is the contribution we make to society when you separate work and life. On the other hand, when you think of work as part of a full life, its easier to see that success in one aspect often supports another.

2. *Work-life balance suggests a precariousness that isn't helpful.* It might be more constructive to see variations as normal, instead of a goal for balance. This suggests things could quickly get off balance, with terrible outcomes or losing balance would cause you to fail. It might be

more useful to think of life as always changing and evolving, rather than a high-risk enterprise where things could go wrong with one misstep. Most days probably won't look like an equilibrium, whether its working late and getting takeout for dinner or missing a work retreat because you have company. Prioritizing doesn't mean you're less committed.

3. *Work-life balance doesn't allow us to think big enough.* Understanding there are seasons of life, an ebb and flow, can allow you to think big and expect that you can have a positive experience with all that work and life have to offer. The concept of balance can be limiting and if the bar is set low, we won't demand enough of ourselves. Brower suggests burying "work-life balance" and thinking boldly about work-life fulfillment, with a little less balancing and a lot more living. Source: Fast Company; "We need to stop striving for work-life balance. Here's why."



7 Easy Ways to Eat Less Sugar

- ◆ **Use fruit and cinnamon to sweeten breakfast** / Adds flavor and nutrition to yogurt, hot and cold cereal.
- ◆ **Read labels carefully** / Compare labels to see which have the least added sugars.
- ◆ **Opt for cold or nitro brews** / Less bite means coffee can be enjoyed plain or with a splash of milk.

- ◆ **Skip premade cocktail mixers** / Coconut water, seltzer and splashes of juice save hundreds of calories, too.
- ◆ **Cut back on sugar when baking** / Use 1/3 to 1/2 less than called for in your favorite recipes.
- ◆ **Swap soda with flavored seltzer** / Chilled seltzer with mashed or sliced fruit is refreshing and low calorie.

Upcoming Events

National Night Out
Tuesday, August 6
6 p m - 8 : 3 0 p m

Plan a get together in your neighborhood for this annual community building campaign. Get to know your neighbors and promote police-community partnerships under positive circumstances. Register your neighborhood at: www.nationalnightout.org

2019 Komen Tulsa
Race for the Cure
Saturday September 28th

The 23rd Komen Tulsa Race for the Cure will be held at River Spirit Casino Resort, Saturday September 28th. Race distances are half marathon, 5k and 1 mile fun run.

ww5.komen.org/raceforthecure/