



1. Switch on 'do not disturb'

- Did you know that you can set your phone to 'do not disturb' mode?
- It's great if you have a separate work phone
- I know the ping of a text for something really not that urgent can be a tad annoying
- If you really need to take that urgent call you can sort this out in your settings



2. Screen calls

- Do you really need to answer that call?
- If it's that urgent they will leave a message
- From my own experience, most things can wait until the morning



3. Ban business talk

- A rule in our house - set by my husband!
- It doesn't always work, but it is with great intention 😊
- But don't let the stress of work eat into your home time
- Get it off your chest and then switch off



4. Me, myself & I

- How do you prioritise your selfcare?
- My go to is soaking in a bubble bath accompanied by sparkling bubbles and for those that know me my great escape is to get lost in reality TV
- Why not indulge in new hobby or skill
- Put yourself first, make 'me time' a priority

Feel empowered to take time out from work and regain control of your worklife balance.

'Change doesn't happen overnight. It starts with the desire, then one small step in the right direction'

LET'S CONNECT...



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Book a call in my Chat Room [here](#)

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