



How to achieve work-life balance

For veterinary professionals



Having a good work–life balance helps to prevent burnout and compassion fatigue. This guide will present some awareness prompts and practices for improving your work–life balance.



Practice Presence.

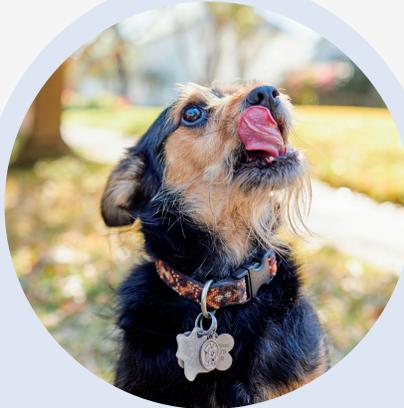
Honor both your work and personal life. Try not to think about work while you're at home, and vice-versa. When you've had a long or emotional day at work, compartmentalizing will allow you to create a separation between your work and home lives.



Mindful Moment:

Sit up tall and relax your shoulders. Unclench your jaw and close your eyes. Breathe deeply into your belly through your nose. Exhale through your mouth. Repeat this three times and open your eyes. Now, reflect. What three things do you notice about your present reality? How can you connect to these three items more fully?

Prioritize You.



Make Joy Non-negotiable!

Plan fun activities on the weekend—having exciting things scheduled will help you enjoy your weekends to the fullest!



Mindful Moment:

Think about how you would like to and are able to spend your next day off. Take a moment to close your eyes and envision what that would look like and how it would make you feel. Write down your vision and what it will take to make it happen. Start making plans now!



Plan Time Off.

Look at your schedule ahead of time and request time for important events or birthdays. Looking forward to breaks can help you feel more motivated, too!



Mindful Moment:

Stop what you are doing right now and review your calendar for the next three months. Select three dates or events that you would like to show up for. Set yourself as away and/or request time off now. Now, get excited. What dates or events did you choose and why? Imagine yourself having those experiences right now. What feelings arise?

Exercise your “No” Muscle.

It is ok to say “no.”

Easier said than done, but even finding small compromises can help. FOMO can be real, but prioritize rest when you need it! It’s an essential part of creating a healthy work-life balance for yourself.



Mindful Moment:

1) When I say yes...

2) How can saying no...

How can saying “no” to one thing create space for you to say “yes” to something else that may be more fulfilling or nurturing to you?

3) Reflect on a time when...

Reflect on a time that you said “yes” to something you really wanted to say no to. How did you feel? Reflect on a time you said “no” to something and meant it. How did you feel?

Detach and Disconnect

Set boundaries when coworkers can contact you—email, text, phone—and set expectations for response time. Stepping away from your electronic devices and the seemingly endless notifications, messages, and advertisements is a great way to feel more present and improve your overall mental health.



Mindful Moment:

Choose a firm stopping point for each day. Make sure you give yourself enough time to take a walk/get some exercise, have dinner, and unwind from the day. Set your electronic devices to “do not disturb” from that time until the following morning and commit to not checking your work email or messages. Choose a work contact that you will “allow notifications” from in the event of an emergency. Notify your contact and make it clear that you should only be contacted after this time in the event of an emergency and clearly define what an emergency is.

My emergency work contact is

My definition of a work emergency is:



Take Back Your Time



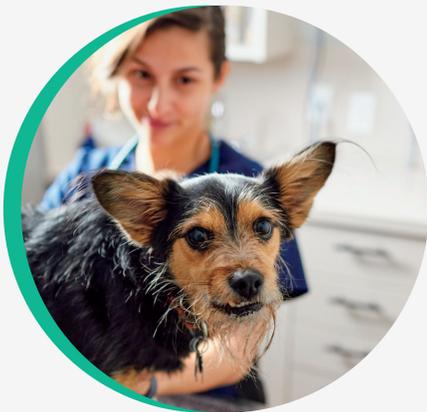
Make a Plan

Create a more manageable schedule for yourself by making a list of the errands and household chores that you need to do on a regular basis. From there, you can decide on a schedule that works for you and helps you check these tasks off your to-do list.



Wake up a Little Earlier

Use the extra time in the morning to situate yourself at work and allow you to leave earlier or take longer lunch. Try to leave on time and take a full lunch at least 1x a week. These may seem like small changes but they can make a large impact on a busy schedule. You can implement these on the same or different days, but setting this small boundary will ensure that you get time to recharge during the day.



Try Relief Work

Switching up work locations and adding variety to your routine helps to prevent feelings of burnout. Burnout can reduce cognitive functioning and make you feel exhausted, which will make achieving work-life balance more difficult.

Relief work allows you to plan around major events and create your own schedule! It's also much easier to take breaks and plan vacations when you're in charge of your own schedule.

Parents, new moms, those who are experiencing burnout, and more can benefit from relief work! If you're interested in getting started, **schedule a meeting today** to find out how you can join the Roo-revolution!



Create a Routine

Plan for one day each week to get things done. Use this day to focus on getting more time-intensive chores like laundry out of the way, then plan your meals and schedule for the week.

Stay Connected to What Matters



Remember that Social Media isn't Real

Even those who you compare yourself to are posting their most productive moments and highlight reels.



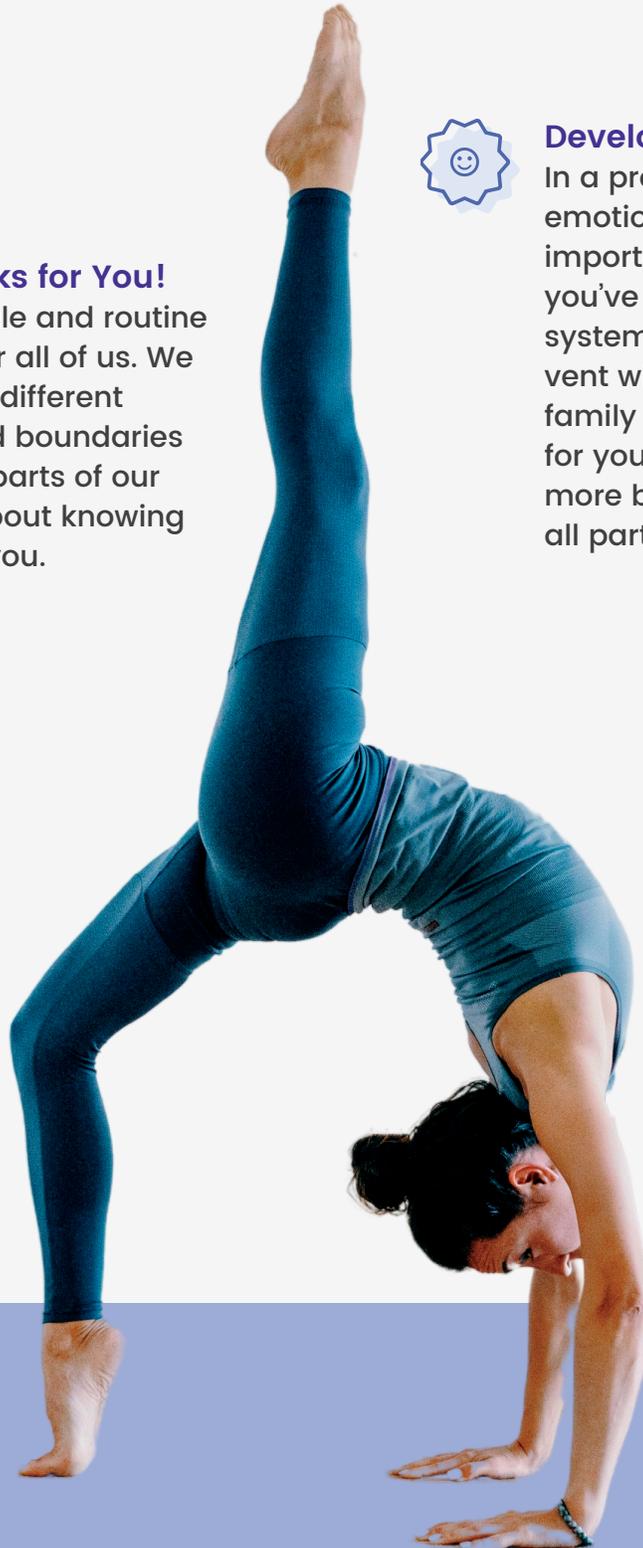
Find What Works for You!

The ideal schedule and routine looks different for all of us. We may need to set different expectations and boundaries across different parts of our lives, so it's all about knowing what is best for you.



Develop a Support System

In a profession that can be emotionally draining, it's important to make sure that you've got a solid support system. Colleagues you can vent with and friends and family who are always there for you will help you feel more balanced in all parts of your life.



Stay Connected to What Matters

Consider Therapy

This is an excellent option if you need a place to talk about work, process your emotions, and learn coping mechanisms. Having an objective party to share your feelings, thoughts, and goals with can help you to free up space in your mind, create better coping mechanisms for yourself, and build routines and plans that will get you to the place you want to be.

Try Journaling

Write about your day as a whole—recognize every achievement, even small ones, and write down your feelings and thoughts. This will help you to notice small victories, celebrate growth, and process your thoughts. Part one of this guide was designed to help get you started.



Set Professional and Personal Goals for Yourself.

Create a more manageable schedule for yourself by making a list of the errands and household chores that you need to do on a regular basis. From there, you can decide on a schedule that works for you and that helps you to check these tasks off your to-do list.

Checklist

Use this checklist to write down your list of errands and household chores.



| | |
|--------------------------|-------|
| <input type="checkbox"/> | ----- |



Relief. Support. Community.



Check out roo.vet now!

roo.vet | 1-833-Roo-Vets (766-8387) 595 Pacific Ave, 4th floor,
San Francisco, CA 94133 | hello@roo.vet