

# Tips for Balancing Parenthood, Work., & Life

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- When we don't set priorities, we follow the path of least resistance.
  - o Taking a long, hard look at priorities (not necessarily what you are doing now, but instead what reflects your values/beliefs/goals) can help you organize yourself. If work is the priority, that's fine, but you need to also take steps to take seriously what is needed to be efficient, well-rested, productive, and engaged. Simply grinding it out can be necessary in short bursts, but it is helpful to connect to the larger goal/priority to stay refreshed and balance work with activities that will feed/rest you. If your priority is family time, organize around that – a priority of sitting down to dinner with the family most nights during the week may mean leaving things on your desk for tomorrow. (the work will still be there)
  - o Setting priorities can also help alleviate anxiety or stress around the things that fall farther down the list. Feeling guilty about not doing everything becomes less difficult when you have a clear idea about what IS important to you.
- Try to use resources that will free up time/energy for other activities – consider pooling resources to have someone clean your shared apartment, use meal-planning or other convenience services, take that yoga class or other enjoyable activity when feasible. These things may feel like “splurges” but can help things run more smoothly and allow you to focus on higher-priority items.
- Connecting with other folks who share similar challenges can be very helpful – whether this is an informal support structure or a group of people who get together regularly to share, it's always good to feel like you aren't alone!
- “Done is Better Than Perfect” (Sheryl Sandberg)  
Perfection is a myth and fallacy/Perfection is the enemy of good

- Comparing yourself to others is a trap! It's not helpful or productive.
- Accepting your limitations can be really freeing! Release yourself from guilt by setting reasonable expectations for yourself.
- Be Kind to Yourself! Engage in activities that replenish your mind, body, and spirit, and **choose** not to feel guilty when taking time for yourself. (i.e. Put on your oxygen mask first before you can tend to others)

## Campus Resources:

[Married/Partnered Group \(for grads and postdocs\)](#)

Meets 1x per month, lunch is provided @ CCD

Feb 2

Mar 2

Apr 6

May 11

Jun 8

[Counseling Center](#)

Individual and Couples Therapy available (We can also provide referrals to the community)

[Staff & Faculty Consultation Center](#)

SFCC for postdocs, staff and faculty

<https://sfcc.caltech.edu/>