

## This Whole 'Work/Life Balance' Thing

Written by Crystal Webster  
Sunday, 24 January 2010 18:41

---

At my former corporate job, “work/life balance” seemed to be the catch phrase of the month. I worked in a very demanding job (90+ hours a week most weeks demanding), but as long as the façade of work/life balance was there, it was all good.

Fast forward a few years to now; and I’m working for myself. Yes, the *THOUGHT* of work/life balance, and the illusion of work life balance is there. Theoretically, I could take off a day to, say, go to the beach – but honestly, how many of us actually take off a Tuesday because we want to spend the day in the park?

Several weeks ago I suffered some life changing and devastating news. Over the course of five days there were two strokes in the family, three close family deaths, and some personal health issues. Probably needless to say, at first, I was in a tailspin and really didn’t know which way was up. Now, I’ve been able to get my head above water and have been working...kind of. I’ve been doing what *HAS* to be done. I’ll ask myself “What *MUST* be done today?”– then I’ll do that, and really only that.

I don’t bring up my personal life so that you can feel sorry for me – please don’t, I am very blessed in so many ways. I brought this up to ask for your help: How do you handle yourself when you fall into “personal crisis mode?” What gets you moving again when all you want to do is sleep through the day? How do you pick yourself up off the floor and kick yourself in the butt again?