

SoSe 2025, IM Communication and Language

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Topic: Work-Life Balance

Quote Michelle Obama:

„We need to do a better job of putting ourselves higher on our own ‘to do’list.“

1. Why Work-Life Balance matters today

- Rising stress and burnout rates
- Affects Performance and well being
- Impacts mental and physical health

2. Definition

- Equilibrium between professional and personal demands
- Key to long term health
- Setting boundaries
- Prioritizing Tasks
- Self-Care

3. Statistic annual working hours in Germany

4. Why is Balance so hard to achieve?

- Constant digital connectivity
- Pressure to be always available
- Career ambitions vs. Personal time

5. The cost of an unbalanced Life

- Burnout, anxiety and sleep disorders
- Physical and mental health issues
- Lower productivity

6. The complexity behind creating a Work-Life Balance

- Can become another form of pressure
- Cultural and generational expectations vary

7. How can we take back control? (individual strategies)

- Set boundaries
- Digital detox
- Use techniques (e.g Eisenhower-Matrix, Pomodoro Technique)

8. Support from Workplaces

- Offer flexible working hours
- Encourage a culture of rest
- Support with wellness programs

9. Statistic annual working hours in Japan / Suicide rate in Japan (comparison to Germany)

Karoshi (過労死), often translated as "death from overwork," is a Japanese term referring to sudden death or work-related disability due to excessive workload and long working hours.

10. Striving for balance – a shared responsibility

- Crucial for health, happiness and well being
- Requires effort by individuals and systems
- No "perfect" balance

11. Group Tasks

Sources:

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