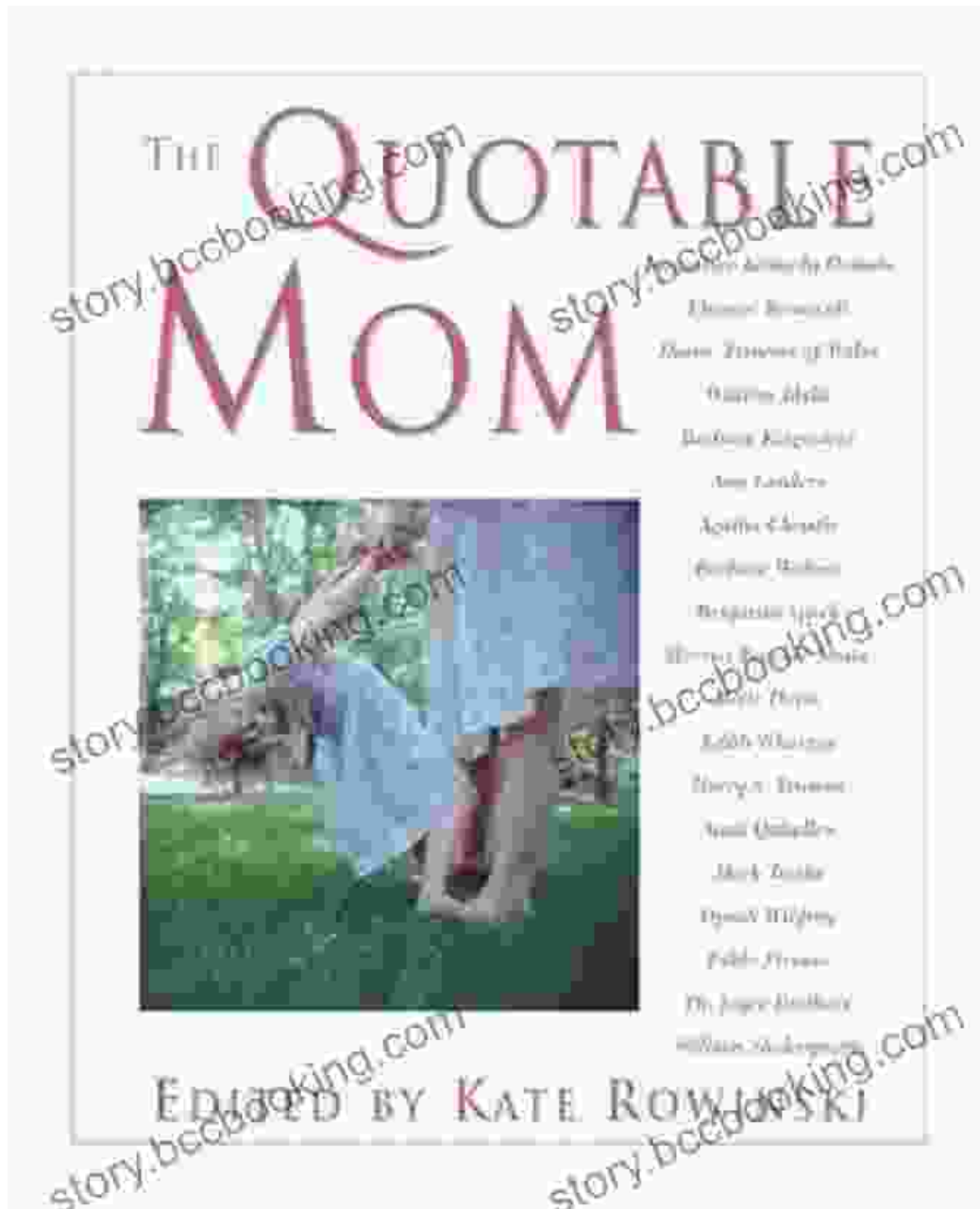
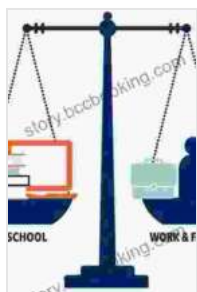


Professor Mommy: Finding Work-Family Balance in Academia



Being a professor and a mother is a challenging but rewarding experience. It can be difficult to find a balance between your work and family life, but it

is possible. In this article, we will provide you with some tips on how to find work-family balance in academia.



Professor Mommy: Finding Work-Family Balance in Academia

by Rachel Connelly

★★★★☆ 4.6 out of 5

Language : English

File size : 870 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 273 pages

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Tips for Finding Work-Family Balance

1.

Set Boundaries

One of the most important things you can do to find work-family balance is to set boundaries. This means knowing when to say no to work and when to focus on your family. It can be difficult to do, but it is important to remember that you need time for both your work and your family.

2.

Make Time for Your Family

It is important to make time for your family every day. This means spending time with them, talking to them, and playing with them. It is also important

to make time for yourself. This means taking some time for yourself each day to do something you enjoy, such as reading, exercising, or taking a nap.

3.

Be Flexible

Things will not always go according to plan. There will be times when you have to work late or miss a family event. It is important to be flexible and to adjust your plans when necessary.

4.

Find Support

Don't be afraid to ask for help from your family, friends, or colleagues. There are many people who can help you to find work-family balance.

5.

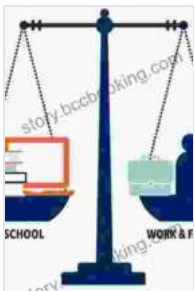
Be Patient

It takes time to find work-family balance. Don't get discouraged if you don't get it right away. Just keep trying and you will eventually find a way to make it work.

Finding work-family balance in academia is not easy, but it is possible. By following these tips, you can find a way to make it work for you and your family.

Additional Resources

* [The American Psychological Association's website on work-family balance](https://www.apa.org/topics/work-family-balance) * [The National Council on Family Relations' website on work-family balance] (https://www.ncfr.org/topics/work-family-balance) * [The Society for Human Resource Management's website on work-family balance] (https://www.shrm.org/resourcesandtools/hr-topics/benefits/pages/work-life-balance.aspx)

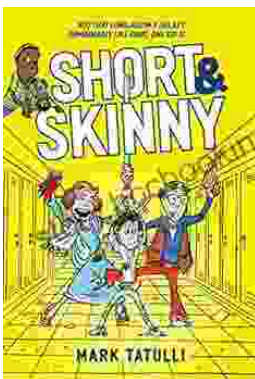


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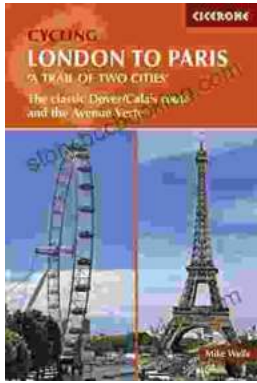
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