

# Health Matters: 8 Steps That Can Save Your Life--and Your Family's Health #Wiley, 2007 #288 pages #2007 #9780470045725 #Taylor Grant

Healthy Work Life Balance: 1. Denote some free time in your schedule: While preparing your schedule or to-do list make it a point to schedule time with your friends and family, and hobbies that help you feel good and recharged. Try to wake up 3 hours before your office hours so that you spend quality time with your family and friends. 2. Keep a check on your health: Your number one priority should always be your body's health. This will help you save a lot of time and energy. 6. Prioritise your time It is important that people should identify what truly matters to them and should be open to communicate it to others. One should not conceal their needs and expect others to understand what it is actually that makes you feel fulfilled and balanced. Trace your family tree and collect all the photographs of your ancestors that you can find. Public libraries and bookstores have books on genealogy for you to get you started. Compile a family oral history. Ask older relatives to talk about their parents and childhood and record their comments. F. Strong families develop predictable routines, roles, and rules that govern everyday life and provide for continuity and stability. Reasonably stable patterns empower a family to deal with the many challenges inevitable in family life; without such patterns, chaos would result. At the same time, strong families adapt relationships and family rules when needs arise. See what's new with book lending at the Internet Archive. Health matters : 8 steps that can save your life--and your family's health. Item Preview. remove-circle. Share or Embed This Item. EMBED Identifier. healthmatters8st0000gran. Identifier-ark. ark:/13960/t65503p2w.