

WORK-LIFE INTEGRATION

Find a balance between work and play using these resources

BUILD A HOLISTIC SCHEDULE

In order to balance work with play, it is important to understand your daily/monthly schedule and responsibilities:

- Use a planner to keep track of deadlines, plans and activities
- Block out time for fun activities and self-care
- Identify weeks that may be stressful or unbalanced due to work obligations

EXPLORE YOUR CITY

Utilize local city websites, like [Visit Tallahassee](#) to stay informed on upcoming events, things to do and city resources:

- Find information on events and event updates
- Explore recommendations for local restaurants
- Scout out local parks and outdoor areas

IDENTIFY LEISURE ACTIVITIES

Determine what brings you joy, and explore activities that energize you:

- Complete a values inventory using [FOCUS 2](#) and [Sigiz](#)
- Explore options using the activities card sort
- Try out new hobbies to see if you find them enjoyable

FIND AN APP FOR THAT!

Check out apps that can help you to manage stress, break bad habits, organize your schedule and more:

- **Way of Life:** break bad habits and build healthy habits with this daily tracker
- **Cozi:** daily planner and scheduler
- **Visit Tallahassee:** create plans for events and activities

TAKE ADVANTAGE OF CAMPUS WELLNESS SERVICES

- Incorporate wellness trainings and knowledge into your FSU journey at [CHAW](#)
- Learn how to build in time for play by prioritizing and developing healthy behaviors; the [University Counseling Center](#) can help

MAKE LIKE-MINDED FRIENDS USING NOLE CENTRAL

- Join student organizations that are meaningful to you through [Nole Central](#)
- Identify vacant leadership positions that you may want to apply for
- Stay updated about organizations' events like information sessions and meet-ups

PRIORITIZE SELF-CARE

Just as you prioritize responsibilities at work, dedicate time and hold yourself accountable to your self-care plans:

- Learn to say “no,” or “let me check my schedule before confirming” to protect your time
- Place leisure activities into your calendar and honor that time
- Recognize when you are starting to feel burnout and create more time to care for your well being

USE NEGOTIATION RESOURCES

Are there components of your job that could be improved to assist with work-life balance? Get connected to resources to enhance your negotiating skills:

- [PNR Salary and Job Negotiation Module](#)
- [Negotiating Job Offers Career Guide](#)
- [Negotiation Activities and Worksheets](#)

MORE ACTION STEPS

- Meet with a Career Advisor or Liaison
- Visit [career.fsu.edu](#)
- [Candid Career Channel](#)
- Search our online catalog, [Career Key](#), for keywords: leisure, self-care, play, work life

