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Work-Life "Balance" & "Integration"

**"Balance"**
- Feeling derived from being whole and complete
- Avoid viewing it as a scale of taking from one to give to another

**"Integration"**
- Creating harmony in your life
- Cultivating the areas of your life that are truly important
- Mixture of...
WE'RE NO LONGER USING THE TERM "WORK-LIFE BALANCE" BECAUSE IT IMPLIES THAT YOUR LIFE IS IMPORTANT.

NOW WE CALL IT "WORK-LIFE INTEGRATION" SO IT'S EASIER TO MAKE YOU WORK WHEN YOU WOULD PREFER BEING WITH LOVED ONES.

AND I'D LIKE TO GIVE A BIG THANKS TO THOSE OF YOU WHO NEVER HAD A LIFE.

YOU'RE WELCOME.
• Balance/integration is a **very personal** thing & only **YOU** can decide the lifestyle that best suits you

• Less about dividing hours equally, more about having flexibility

• Don’t strive for a perfect schedule, strive for a realistic one

• Set a good example; model the behavior
Prioritize Your Health
healthy eating habits, exercise, meditate, etc.

Take Vacation
truly “out of office”

Ask for Help
peers, mentors, coaching, professional help

Let Go of Perfection
draft vs. final version

Time Management
most productive time; block time off; be realistic; delegate

Set Goals & Priorities
be realistic; block time for most important activities

Make Time
for yourself & loved ones

Set Boundaries
work hours, emails, calls/text

Unplug
take time to unwind

Just Say No
Say YES to what’s most important to you (initiatives, grants, publications, leadership, etc.)

Let Go of Perfection
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Resources

- UCSF CTSI K Scholars Program
- UCSF at ZSFG WARM Hearts (Women’s Advancement & Recognition in Medicine)
- National Center for Faculty Development & Diversity
  - www.facultydiversity.org
  - UCSF has a membership – contact Irene Merry
  - Faculty Success Program, Monday Motivator, etc.
- UC Resources
  - https://ucnet.universityofcalifornia.edu/working-at-uc/work-life-wellness/index.html