



Nynikka Palmer, DrPH MPH  
Associate Professor of Medicine  
Division of General Internal Medicine at ZSFG

# 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

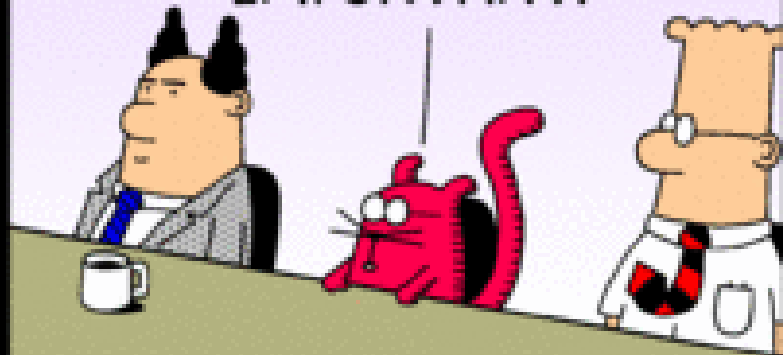


## “Integration”

- Creating harmony in your life
- Cultivating the areas of your life that are truly important
- Mixture of...

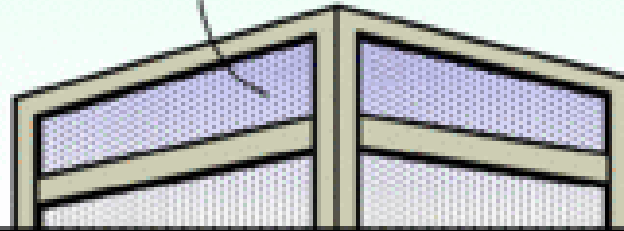


WE'RE NO LONGER  
USING THE TERM  
"WORK-LIFE BALANCE"  
BECAUSE IT IMPLIES  
THAT YOUR LIFE IS  
IMPORTANT.



Dilbert.com DilbertCartoonist@gmail.com

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



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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





Take Vacation  
truly “out of office”

Prioritize Your Health  
healthy eating habits,  
exercise, meditate, etc.

Make Time  
for yourself & loved ones

Ask for Help  
peers, mentors, coaching,  
professional help

Set Boundaries  
work hours, emails,  
calls/text

Let Go of Perfection  
draft vs. final version

Unplug  
take time to unwind

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

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

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

# 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](http://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>