


## Work–Life Balance in Pharmaceuticals Erica Melena\*

**Received:** December 04, 2021; **Accepted:** December 18, 2021; **Published:** December 24, 2021

Editorial Office, Journal of In Silico & In Vitro Pharmacology, London, UK

**Corresponding author:** Erica Melena

 publisher@imedpub.com

Editorial Office, Journal of In Silico & In Vitro Pharmacology, London, UK.

**Citation:** Melena E. Work–Life Balance in Pharmaceuticals. Jour Ren Med. 2021, Vol. 11 No. S1:5.

### Editorial

There is a well-known adage that no one wishes they had spent more time at work on their deathbed. Furthermore, we are approaching two years of interruption as a result of the COVID-19 epidemic, and many in our pharmaceutical sciences community are experiencing "burnout." As a result, it seems appropriate to discuss work–life balance, including what we mean by the phrase and why we can all benefit from rethinking how we divide and priorities our time.

Let's start with a definition of work–life balance. The phrase "work–life balance" fails to represent the complexity of modern living, implying that there is work and then "things" outside of work that can be grouped together. Instead, consider four key aspects of life that must be harmonized in order to reach general well-being.

These categories include (1) your profession, (2) your relationships and caregiving duties, such as for dependent children or ageing parents, (3) activities to maintain your mental and physical health, and (4) leisure time to indulge hobbies/passions and relax. Caregiving/parenting tasks are frequently inflexible and take up a significant amount of time outside of work, as well as mental bandwidth. Career activities, such as working, often take up a large portion of one's day. These two aspects of life, when combined, frequently leave little time for activities that are important for mental and physical well-being, let alone hobbies, and thus these are ignored. In the long run, this position becomes untenable, as we cannot ignore our bodily and mental health.

There are ten things you can do to improve your work–life balance:

1- Say no a lot and don't feel bad about it-

Prioritize saying yes to things that you are interested in, that will help you advance in your work, or that you feel obligated to complete. Say no to jobs that have a lot of other candidates who could do the job or that aren't high on your priority list.

2- Set aside a portion of your day for uninterrupted thought-

In order to explore creative thoughts, your mind must be free of distractions. While it may be difficult to find time to stare into space and think about things, it may be just what you need to solve problems and innovate. Give it a shot. It's even backed up by research, which claims that mind wandering helps with problem-solving creativity. Even better, if you can provide your brain with

enough oxygen, combine thinking with a repetitive workout like swimming or jogging.

3- Practice mindfulness by meditating every day-

Meditation has been proved to lower stress and improve attention span, among other things. It also just takes a few minutes a day, according to a recent study that found improvements in beginner meditators' brain resting-state functional connectivity after two months of meditation five times per week.

4- Spend as much of your working time as possible on what you do best and what you consider to be the most "useful." –

The activities that mean the most to you are the most valuable to you. Furthermore, working on tasks that you are good at is much more fulfilling than working on hobbies that do not come easily to you. You will be more productive if you concentrate on your most valuable activities and those at which you excel. As a result, re-evaluate your professional competencies and ensure that your role is well-aligned with your skills and personal objectives.

5- Make a strategic strategy for your week and plan ahead of time-

Create a strategic plan for a specific period of time, including a list of your objectives. Review your objectives, goals, and deadlines at the start of the week, and schedule time on your calendar for each task, starting with your highest priority activities, which should be linked with your strategic plan. Allow some wiggle room in your schedule for unexpected meetings. This will help you prevent overbooking, meet deadlines, and justify declining appointments that aren't necessary.

6- Life career pacing: it's a marathon, not a sprint- We've all been on the receiving end of tight deadlines and the frenzied rush

to meet them. This could include finishing your thesis, meeting a funding deadline, or meeting a project deadline. We work long hours, adrenaline rushes, and the fear of failing propels us to complete the task at hand. These work "sprints," on the other hand, are not long-term sustainable and lead to burnout. Instead, we must pace our work and careers with a longer-term perspective rather than a short-term one.

7- Outside of work, do something you're passionate about.- Make time for a pastime that you can do with your partner, friends, or children. Hobbies help you to de-stress, improve your network, and take a vacation from research. In fact, Van't Hoff, the first Nobel Laureate in Chemistry, indicated that scientific imagination

is linked to creative activity outside of science. Even if it isn't, there are numerous advantages to hobbies, particularly if they include some form of exercise.

8- Make a comparison between your target and actual time commitments- Everyone has a distinct type of job. This could include research activities, administration, meetings, professional development, and service to the profession for a research scientist (e.g., reviewing manuscripts). Everyone can create their own breakdown that corresponds to their professional job. What is your ideal balance of time breakdown for each of these categories in relation to how you actually divide your time (ideal balance may be some combination of how you desire to split your time and/or a balance that fits the stated aims of a given role).