



# Work-Life Balance

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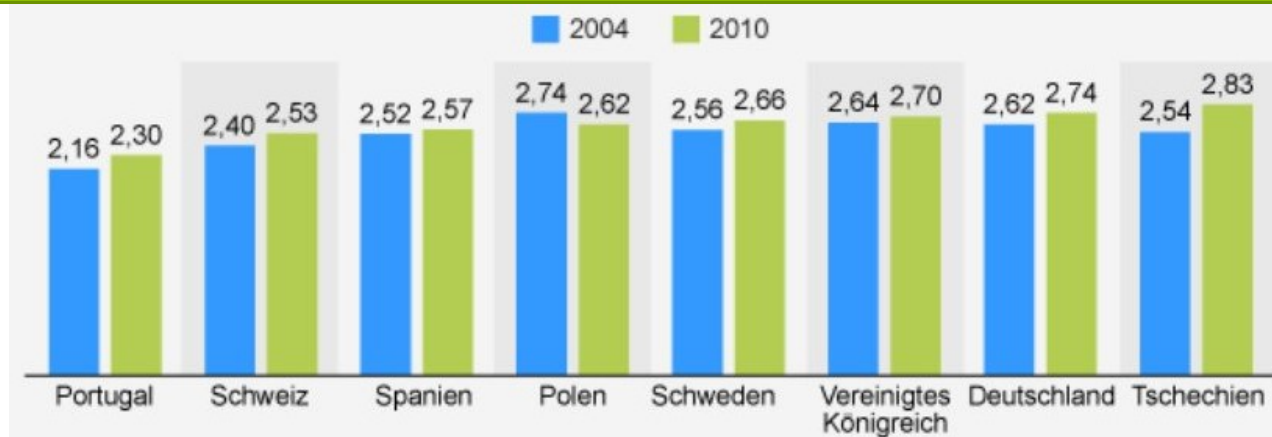
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# Meaning of Work-Life Balance

- Work-Life Balance stands for striking a balance between your work life and your private life
- To harmonise your private interests with your job is the main aim
- If you can't find a balance, you are going to limit your quality of life

# Why should we talk about it?

Work-Life Balance is getting worse in many EU-Countries  
Source Statista



People were asked:

1. How often do you think about job problems in your freetime?
2. How often are you so tired after work, that you can't have fun in freetime?
3. How often do you think your job encumbers you to have time with family and friends?
4. How often do you think your friends and family are upset because you work too much?

# Why should we talk about it?

- The diseases through permanent stress are rising rapidly these days, e.g.:
  - Depression
  - Burn-out
  - Heart attack
  - Stomach diseases
  - Sleep disorder
  - Migraine ... and many more

## Why should we talk about it?

- Not only your health, but also your private life is at risk
- No time for family, friends, sports or hobbies
- Both, family and job requirements are rising

# Things we can change quickly

- You need a good time and stress management
  - Plan your breaks and don't skip them
  - Plan your daily and weekly appointments for job as well as for family
  - Be clear in your communication, don't waste time with imprecis comments
  - Be self-disciplined and do your tasks in one piece
  - Do some sports
  - Respect your health and live mainly with healthy food
  - Drink enough water ...

## Thinks we can do sustainable

- Do you like your job? If not, find another one.
- Are you satisfied with your social life? If not, find the time wasting things and delete them.
- Find a hobby that is relaxing and also satisfying for you. Because you need time just for you!



# Wages

- Gross wage: 3000 €
- Wage tax: 505 €
- Social insurance: 620 €
- Net wage: 1975 €
  
- This is an example for average income in Germany.

# Social security in Germany

- Social insurances are:
  - Health insurance
  - Nursing care
  - Unemployment insurance
  - Accident insurance
  - Old age insurance
- These insurances are obligatory for all people Germany

# Social security

- Social welfare “Hartz IV”
  - Is for unemployed people
  - When you are long term sick
  - When your income is very low
- Child benefit
- Housing benefits



# Thank you for listening ;)

„Optimists, pessimists – all in all both are wrong. But the optimist lives the lucky way!“

Kofi Annan