

Time Management: Balancing Work, Life, and Health

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(he/him/his)

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Today's Questions

NFI I I I
L L I A I
L L F I L L L L F I
II F FI I
L L F I I K N

Who are you?

Reflect

F I AI F IF N KI FF
I I I II N Y
I II A I IY
I F KI FF L I N
I I I I F FL N A FF b K

The importance of self-care

Reflect

I FF I N

I F I

F F physical health

sleep, food, water, exercise, hygiene

I F L I mental health

A FF FN I F I

anxiety, fatigue, lack of purpose, detachment, cynicism

K

Know how you spend your time

L N F N I AL

FF FF N I M I

R I tasks I IN I L

I Ntasks I I F I I N

N R I R activities

F F

I N

F

I

F I

I

Procrastination

I F A I

Reflect

L L N N A I

Procrastination

R | N six types of procrastination

I R L I I I I a

I I F I F I Fa

I a

L NF K I I

FF N I I K I I I R I a

K K F I a

L L K R I

K I F I F F

I NR I

I F I I a

L N F N NI

N I



Finding your own rhythm

Reflect

L N L

R

IFI

IL

AN F

I I

FN

II

I

vs. I I FN

I

M

I

IN

N

F

vs. L

L I

F

vs. L

I K N

RF

I

vs. L

F I

IL

I

vs.

N

N

N

F F

II L I F
