

Work-Life Balance Tips for Moms on the go

You work, cook, clean and still find time to make it to soccer games! You're a working mom trying to balance it all. We know it can be a challenge and in honor of Mother's Day, Kforce is offering advice for your work-life balance. From reducing stress to spending more time with family, we asked moms on our [LinkedIn](#), [Facebook](#) and [Twitter](#) sites for their advice on juggling work and family life. Take it from these expert moms -- achieving a balance between work and home is possible!

Stop Stressing Out!

Deadlines, presentations and reports. There is plenty of pressure at work, but think about ways you can manage stress.

Some expert moms on the go say they demand time to themselves. One mom says she became so overwhelmed with work during the day, cooking and washing dishes at night, she started allotting time for herself in the morning. She reveals her secret to reducing stress, "I wake up, make myself a cup of coffee and sit out on the front porch for 30 minutes of 'ME' time doing a Sudoku puzzle."

Curling up with a crossword puzzle or a good book before or after work isn't the only tip to relaxing during a busy day. As some physicians might tell you, exercise can be a great way to reduce stress. Some moms told us that they make time for a 30 minute workout during their lunch break. Others say they wake up a little early to go for a run or take yoga classes to stretch and relax their muscles.

For the multi-tasking mom on the go, you can also try to combine your exercise time with family time. If you have younger children, try pushing them in the stroller while you run. For those with older children, find an activity like swimming or tennis that you can do together on the weekends or after work.

Take a Time Out

Whether at home or work, prioritizing your time is a must. There are times when you may get swamped with project deadlines, requiring you to work late, ultimately, affecting the amount of time you have to spend with your family. To help prevent working overtime, utilize your calendar or daily planner and schedule your work projects by order of priority.

The same goes for your family life. One of our social media moms on the go said, "Every weekend I make a list of the things I need to do for the week and write it on our family whiteboard. This helps me see what is priority."

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In addition to organizing, many moms said they aren't afraid to ask for help at home when needed. One super-mom writes, "You don't have to feel proud, and think others have to see you as superwoman. You are superwoman by allowing others to come in and offer help."

Calling in your husband or another family member to help with the chores may take the burden off busy moms, but there are some things you shouldn't skip. Whether it's bath time for a little one or dinner time with the entire family, working moms need to take special time out of their day to spend time with loved ones.

Of course, there will be times when you may have to skip dinner with the family or miss out on a soccer game when work projects build up or meetings run late. One mom on the go says, "There are times when I have to make sacrifices in order to provide a better lifestyle for my family and me." However, our expert moms say prioritizing your work to be more productive during the day can ultimately help you prioritize your time at home.

Many moms discussed several ways to manage time at work, by first cutting down or modifying their break time. Expert moms suggest fitting in a short workout during their lunch hour, instead of exercising after work and missing out on family time.

Some moms even say they bring lunch to the office and trade the usual hour-long lunch for a 30-minute meal at their desk. By following this tip, you may find yourself finishing more work projects and potentially having the ability to wrap up your work day a few minutes early.

On the other hand, there are some moms who can better manage their time by never leaving the office at all – that is, if your home is your office. Nowadays, more companies provide work from home options for their employees. If your business is open to a home-office setting, you can eliminate commute time to and from work, saving time in your day for your family.

As a working mom, you have a lot to balance between the office and your loved ones. Remember to take time out to de-stress and organize your day with these tips from expert moms. Maintaining a work-life balance for yourself can help you prioritize your tasks at work so that you can spend more quality time with the family members who matter most to you.