

Anglais	BTS Comptabilité et Gestion	Session 2019
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Sujet n°4

How to find a work-life balance as an accountant

Working in accountancy is not easy and doesn't always lend itself to an equal work-life balance. Striking this balance is a skill that many wish to master, and with today's 24/7, 'always on' culture, it can be difficult to take time to relax with the distractions of work, exams, social media, and friends and family pulling us in many different directions.

Advancements in technology have hindered our ability to strike a healthy balance. We're expected to be more productive as tasks should take less time due to automation. Our mobile phones and laptops have opened the door to continuous emails and updates, meaning there's no way for us to truly leave work, particularly in a mental capacity.

Accountancy in particular is a competitive environment, therefore it's imperative for you to learn how to look after yourself so you can set yourself up to thrive. So, how does an accountant take care of their work-life balance, in an ever-demanding world from which they can rarely switch off?

The answer – by learning to integrate work and life, instead of trying to balance them: acknowledging that the 2 will always be intertwined but not always equal, and acting accordingly.

Ultimately, it's about being present during your down time, in order to make the most of it. This creates a clear boundary between your home and work life, as by keeping them mentally separate, they can illicit different emotional reactions. Find enough time in your day to eat healthily, rehydrate and get fresh air: these simple measures can easily all be incorporated into a lunch break. Exercise can be especially beneficial as it relieves tension, releasing feel-good endorphins and improving or stabilising your mood. Plus, it makes you more productive.