

Takeaways from the Women in Allergy’s “Breaking the Mold” call on Work/Life Balance and Working From Home.

View the slide presentation that was discussed during the call: [Work/Life Balance Working from Home](#) or [watch a video of the discussion](#).

Working from home

Working from home can offer flexibility to meet your personal or family needs.

Hybrid work scenarios might be an option:

- Splitting admin time from clinical time
- Telemedicine can allow patients not geographically close to see an allergist remotely.
- Teleconferencing works in academic setting – experts can educate fellows and faculty remotely so they don’t have to take time away from their practices and families to fly in and speak.

Pros and cons of working from home:

Pros:

- No commuting
- Fewer expenses
- Fewer office distractions
- More time with family

Cons:

- Difficult to “unplug”
- Isolations from coworkers
- Must have a dedicated office with good wi-fi
- Distractions from children, dogs, partners

Helpful tips

- Get a sitter to watch children while you work
- Establish boundaries for work hours
- Create breaks during work time

Work/Life Balance

Why work/life balance matters

- High load and emotional toll of medical careers
- Patient, employer, family expectations may be high
- Mental and physical exhaustion and pressure to “do it all” without feeling guilty
- It models healthy boundaries for children
- Can prevent burnout and promote well-being

Helpful tips

- Plan ahead – view school calendars and block time for vacations and conferences. Also schedule down time for family. When it is “downtime,” be fully present at home.
- Use task management tools such as time blocking.
- Maximize your time – instead of taking notes home to do them after work, do them gradually during the day – between patients, at lunch, etc.
- Emails – when answering emails outside of traditional work hours or to someone in another time zone, add a sentence about not needing to reply to the email right away.
- When you are on vacation, craft your out of office replies to encourage people to wait to send any emails until you are back to work after vacation.
- Delegate tasks – kids and partners may not know what their responsibilities are. Be clear about expectations, make a chart and assign responsibilities.