



Let's get real about work/life balance.





Interactive Straw Polls

Hardest part of balancing work/life?

<https://strawpoll.com/w2kaufy1a>

Remote Work Survey

<https://strawpoll.com/djfb13p2r>

Links shared in chat.

Results discussed after the introductions



Get to know us

Our Panel



Josh Miller

Pictured during a 1.5 week vacation!

<https://www.drupal.org/u/joshmiller>

I used to work 70 hour weeks, now I force myself to keep it to 40 hour weeks and couldn't be happier. Senior Developer and Team Lead at Acro Media since 2016.

I have an amazing wife and a cranky kitty cat overlord.





Leslie Glynn



Drupal project manager, site builder, trainer and volunteer

Drupal freelancer for 9 years

Currently working with Redfin Solutions in Portland, Maine

Drupal Association Board member

Started working from home in 1985 remoting into a mainframe



Carlos Ospina



Technical Account Manager at Acquia since 2015.

Remote worker, life lover, and trying to keep them balanced.

Life come first.



Donna Bungard



A project manager meeting the needs of an active client base, an accessibility advocate speaking on it's big picture benefits, a content strategist and writer who loves to build the story of success...

... . a mother, a wife, a member of her family, a friend, a dog-mom, a cook/baker, a reader, a writer, a gardener, ...

... a (figurative) juggler!



Straw Polls



How do you relate?

Working Remotely



Benefits

- Flexible Clothing Requirements
- Lunch with housemates / pets
- Control Environment
- No travel / Flexibility
- Ability to be there for family

Working Remotely

Risks

- Illusion of schedule flexibility
- Sharing workspace
- Miss in-person interactions and learning by overhearing conversations
- The danger of doing “one quick thing & still be working hrs later”



📌 Pinned Tweet



Josh Miller @MrJoshMiller · Jul 1

Quick poll 📊 for my upcoming @DrupalconNA session on work/life balance. In a "normal day with work" which is harder:

Session details: events.drupal.org/minneapolis202...

Finding time for others

18.2%

Finding downtime

33.3%

Staying focused on work

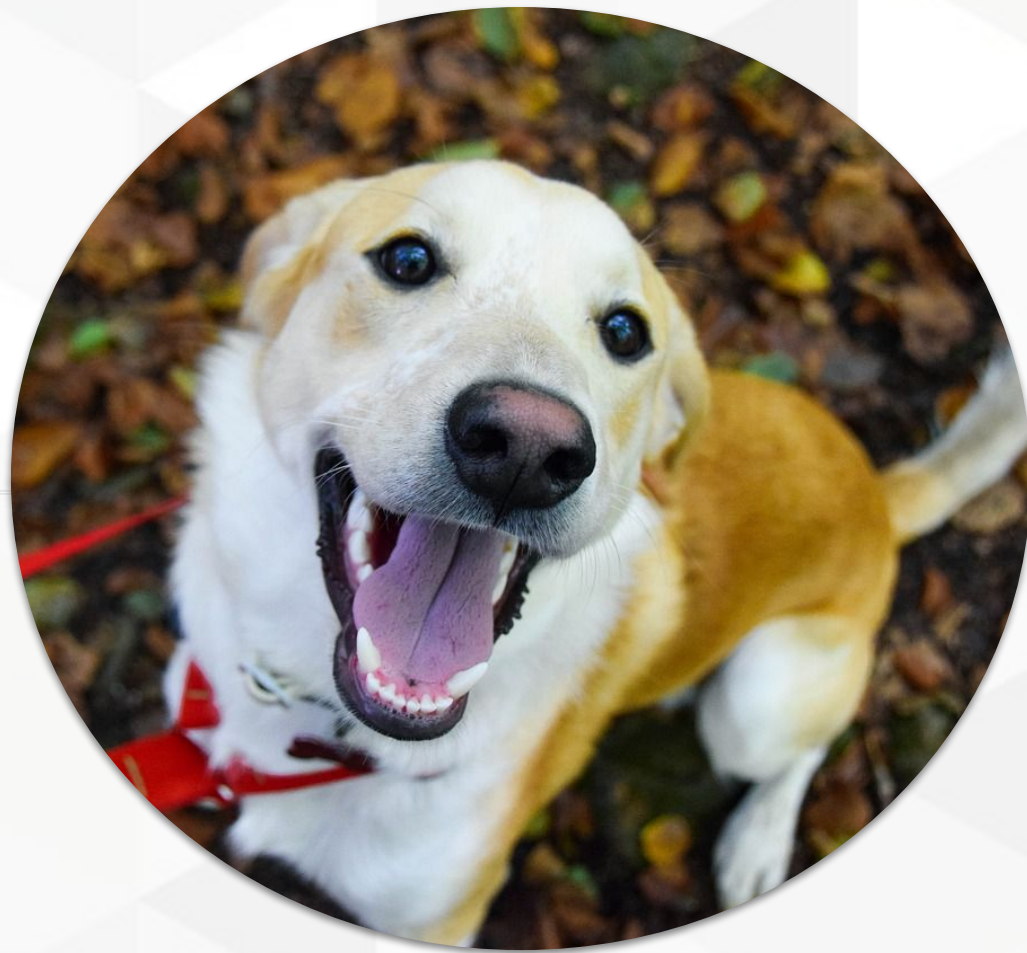
33.3%

Yes

15.2%

33 votes · Final results

Are you the puppy or the squirrel?



Distractable?

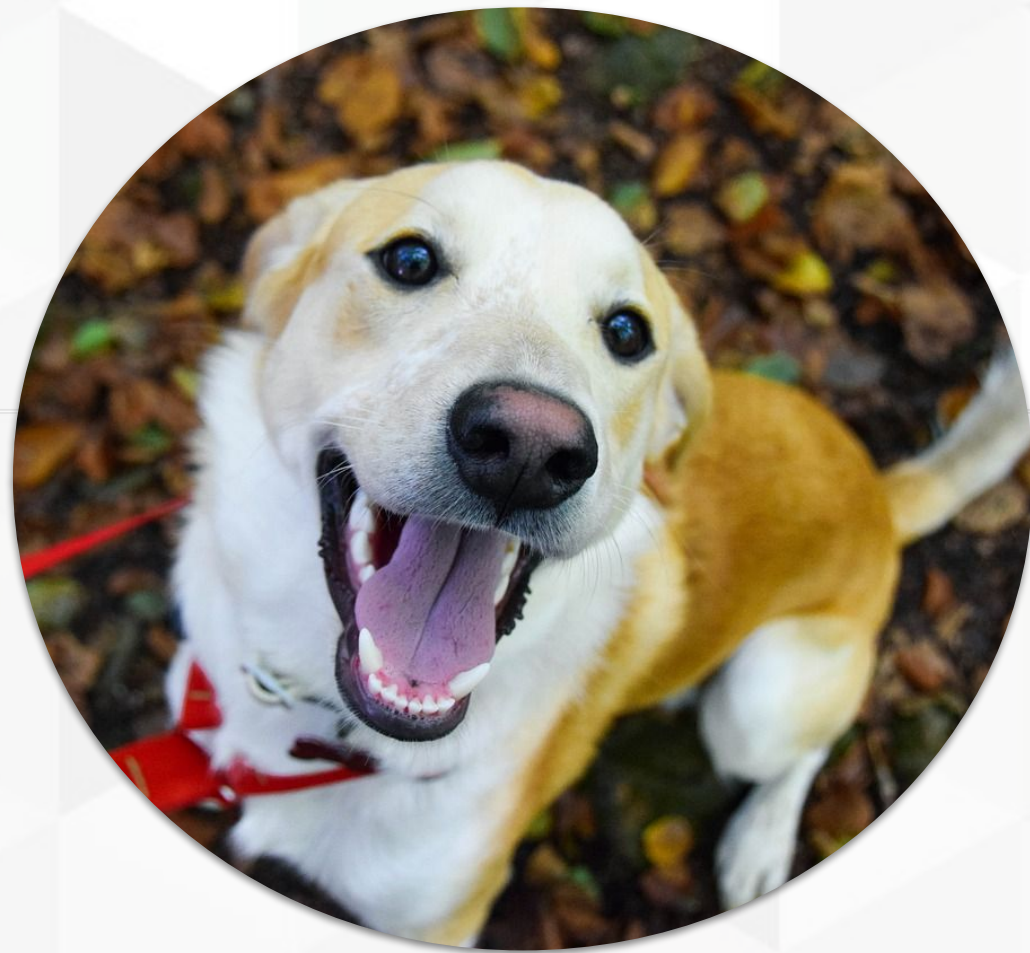
If you struggle with staying on task...



Hyper-Focused

If you struggle with working too much...

Look Out! Pitfalls...



Distractable

- Juggling becomes the most important thing
- Fear of taking too much time for family and life. (give yourself permission to leave)

Look Out! Pitfalls...

Hyper-Focused (workaholic)

- Hard to say “no”
- Work is often not the same as Supporting Family
- Losing track of time
- Notifications





“
Never get so busy making a living
that you forget to make a life.
”

Dolly Parton



Pointers from Our Panel



Challenge: Prioritizing “Work / Downtime”



If you are distractible...

- Calendar events, reminders, to-do lists that you need for the day are a big help.
- Headphones with good noise cancelling
- Family Schedules help everyone working at home



Challenge: Prioritizing “Work / Downtime”

If you get hyper-focused (workaholic)...

- Use work and home logins to make it less easy to “check twitter” during work hours
- Don’t set expectation that you are available 24x7.
- Communication is key to success



Challenge: Creating Balance: Work + Life



If you are distractible...

- MVP your day.
- Use your calendar!
- Communicate with family, be transparent about work expectations
- Work to live, not live to work.



Challenge: Creating Balance: Work + Life

If you get hyper-focused (workaholic)...

- Communicate challenges to coworkers
- Schedule breaks and eat lunch!
- Emphasize PTO time.
 - Schedule 3-4 weeks of PTO at the beginning of the year.
 - Save extra money every paycheck.
 - Make vacation an event.
- Plan major work milestones around vacations.



Challenge: Having a Life



Kids at Home?

- Get them connected!
- Facebook Messenger
- Activity ideas: YouTube Kids drawing programs, Assign Reading, Crafts, Cooking
- It is ok for them to be bored.

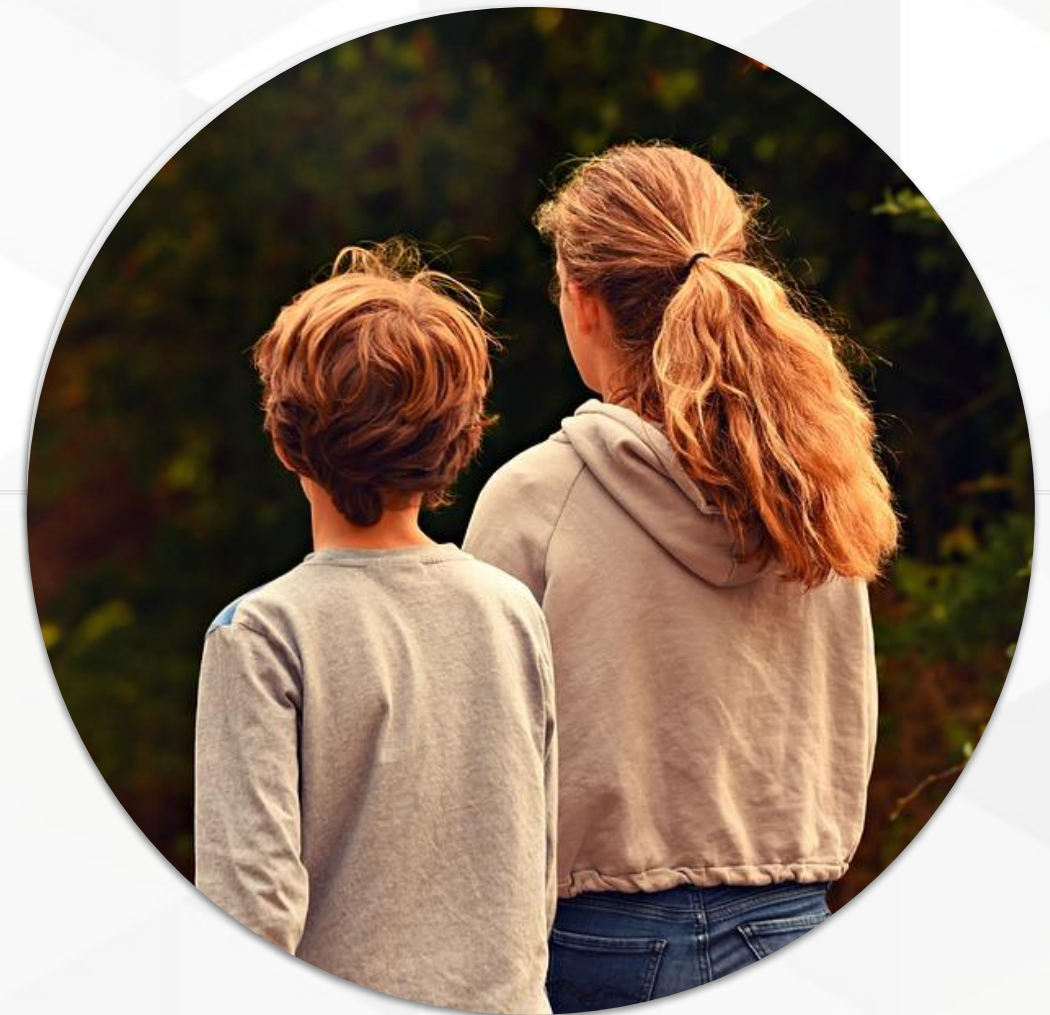
They will learn to figure it out.



Challenge: Having a Life

Older Children/Family Time

- Follow through on promises
- Communicate your schedule every day
- Schedule time off, and then be “present”
(leave work at work)





One Tip Each

What's worked for us.



Josh Miller



Remote since May 2012

Be careful with the excuse that you work to support your family. Flip that on its head: try to use your work to spend more time with family. **Work less so you can make more memories.**



Leslie Glynn

Work is super important, but so are your family and friends. Be kind to everyone you interact with - everyone is struggling with work/life balance in some way



Remote since 1981

Carlos Ospina



You are working for you and your family. Always keep that in mind. Track milestones on both sides and do your best to meet them, communication is key in both work and family.



Donna Bungard

Set a goal for a day and walk away knowing you achieved one good thing.



Remote: 2006-2013
2016-Present



Let's Start Talking

We want to talk *With* you, not *At* you!



Resources

- Google Tools [Calendar & Docs in your home life too!]

Track important details and events so you don't miss out!

- [TripCase](#)

Automatically alert your family to when you're coming and going!

- [YNAB](#) [You need a budget]

Set up a budget so you can take carefree vacations. Make money work for you.

- [Headphones](#) [Good sound barrier, Good mic]

Spend a little on a decent (non-bud) set of headphones.



Own Your World!

You have a community behind you

Evaluate our Session, please

<https://www.surveymonkey.com/r/DCGlobal20SessionEval?title=WorkLife&id=30825>