Work-Life Balance: Motivations and Obstacles to Work for Injured Hospital Nurses

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Work Environment
Experience of Injury....
Compensation for Work Injuries
Caregiver Role reinforced over time
A Range of Motivations...
Obstacles...
Get in touch with your own balance
...self reflection
Consequences of poor work-life balance

- **Role Conflict**
  - Private life vs. work life
- **Fatigue**
  - Health maintenance suffers
- **Lost or skewed relationships**
  - Missed family and social events
- **Increased expectations from others**
  - If you do more work do you get more work to do?
Consider the 80/20 Rule

80% of our feelings of imbalance come from 20% of our demands

\[ \text{Pareto Principle} \]

Vilfredo Pareto (1848–1923), Italian Economist
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