**Work-Life Balance**

There’s an old saying: ***Do you live to work, or work to live?*** Meaning, do you love your job, or is your job just a way to pay your bills to live. Both my parents like their job, but they think there’s more to life than being a slave to your work. They both have a good work-life balance. My father is in human resources and solves people problems at work (mental), and my mother is a pharmacist who solves health problems (physical). My stress comes from grades and looking for a job. We all get stress, and have different ways of relieving it.

My father is a suit, he’s head of human resources at an insurance company. When I was young he worked long hours and often on the weekends, but luckily those days are gone. And, he likes his job. He likes solving problems. They might be people problems, technical problems, or government regulations. His biggest stress comes from people problems. He says that getting all the managers to work in concert is like **herding cats**. Once a year they all go on a retreat in the mountains. Sort of like MT (Membership Training) for executives. He likes his job, but his life does not **revolve around it**. His idea of a good time on the weekends is to go mountain hiking, with dong-dong-ju and heh-mule-pah chon on the way down.

My mother is a pharmacist and her job is a little stressful. If you think about it, people who go to pharmacies are sick and so they are somewhat stressed, and well, seeing stressed people all day long can be stressful. In addition, she has to read a lot to stay **current** on the new drugs, and newly discovered side effects. She spends a lot of time reading on the Internet. To relax, she’s into yoga and Pilates. She goes to a health club twice a week, and recently she bought a ballet bar to stretch at home. She’s pretty flexible. She’s also talented in music, the piano. Whenever I hear her playing the piano, I know she had a rough day. For relief, she also goes mountain hiking with my father, but never in the summer. She doesn’t like to sweat.

My stress is mainly from grades and looking for a job. This is my last semester so I can’t do much about my overall GPA. I’m presuming my major professor will write a good letter of recommendation for me. They say she has a lot of connections and influence. Her recommendation can **carry a lot of weight**. She emphasizes that finding a job is a job. We must research who is hiring, and what skill set are they looking for. Also, if there are no good jobs, going to grad school could be an option, which is another big decision, which is stress. To relieve stress I like watching TV or Youtube. I like **escapist entertainment**, like the Marvel superhero movies, or ***Fast and Furious***. The dumber the plot the better.

While my parents jobs are very different, they’s also similar. Part of my father’s job is the mental well-being of workers, and my mother dispenses drugs for physical health. Maybe they should start their own Life Coach business. They both believe that there’s more to life than work. My father believes in vacations. That’s where his **disposable income** goes. For him, a car is just a car, he doesn’t need a prestige vehicle. He’s money goes into nice vacations. That’s his thing. In sum, both my parents are good role models for working, and relaxing. Now, all I need is a job to give me stress, so that I can engage in some stress relief. (621 words)

Dad mountain climbing Mom Pilates Me in TV watching mode



**My Major**

With a practice patient