



Work-Life Balance 2021: What's Your Secret?

Here are selected responses to the question: "What have you found most effective in keeping a positive work-life balance?" shared by Iowa State faculty and staff honored in March 2021 by the Iowa State University 25 Year Club for continuous years of service to the university.

"Believing in the 'Iowa State Way' and the vision we all have to make Iowa State the best it can be."

"Eighteen years of participation in the Exercise Clinic in the Forker Building under the direction of Dr. Warren Franke and many capable graduate students."

"Having great support from upper administration in my college, and the support of family at home."

"Great co-workers."

"Being around good people."

"Adapting to and embracing change has been the best way to grow here at ISU."

"Don't take work home with you when you should be enjoying your family!"

"Being a spectator at Cyclone athletic events."

“Use your vacation.”

“Contributing to a mutually supportive work community.”

“Smile, laugh and make it a goal to **brighten** someone else’s day.”

“Take time to get to know the people you work with around campus. These connections keep you sane and help you keep perspective — that what you do impacts a much larger community.”

“Having an active faith community.”

“Eat healthy, exercise and strive to have a **positive attitude** every day.”

“Keeping a healthy connection to family, friends and nature helps keep me in a positive place.”

“Always do your best.”

“Always keep a smile on your face.”

“Working with people who have a professional attitude in achieving goals related to their respective positions.”

“Having supervisors who allow a flexible schedule and who support **staff travel** to collaborative meetings.”

“Be present, both at work and at home.”

“Positive energy displayed by our students.”

“I have found the support of my family and co-workers who have become best friends has been the most valuable to me throughout the years.”

“Keep in touch with colleagues and students.”

“Enjoying the **beauty of campus and its wildlife** in all seasons — even if only while I'm hurrying to a meeting — reminds me that balance is important in nature and in my life as well.”

“**ISU is a great place to work:** That in itself is an incredibly effective starting point to keep a positive work-life balance.”