

Week 2 - Assignments 6 & 7

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Activity #6 - 5 roles

1. Dog mom (1)
2. Student (5)
3. Employee/Provider (3)
4. Sister (4)
5. Daughter (2)

Activity #7 - 5 minute essay

The most difficult conflict I face with my many responsibilities is time management. I'm trying to be more conscious of myself and my own health, so I've been trying to significantly improve my own self-care habits. I try to sleep 8 hours a day, I try to exercise regularly. When I was working from home, these things were very easy. I would be able to get everything done because I used to be right at home when I finished work - and I'd even exercise on my lunch breaks. Now that I'm back in the office, with about 2 hours of commuting everyday, it's just so hard to get everything done. It's hard to sleep 8 hours a night and exercise, because before or after work, I'm just so exhausted. I also am struggling with finding time to do homework on time, and/or to keep up with my thesis research. I'm trying to be graceful to myself, though. I'm only on the third week of working full time back in the office - so I'm trying to allow myself the space to get accustomed to working from the office, because I did work from home for almost two years. To be truthful, it's made me consider looking into other jobs that are actually from home. It's kind

of crazy how the pandemic showed me that we are just so consumed with our work life, even if we don't realize it.