

Balance and Understanding of Each Other's Situation in Life Essential **By Senator Pete Campos**

Whether you are a waitress in a local restaurant, a small business owner or a top level administrator with a governmental agency, it is important to effectively balance your professional and personal life. The key to provide your best on the job and at home is to set your personal goals high and understand each other's situation so that undue pressure and unwarranted misunderstanding does not occur. Essentially, we all want to live good lives and the way to do that is by enjoying our jobs and families.

If we give life our best, get required rest, eat nutritious meals, remain personally accountable for our actions, be positive about our jobs and unselfishly contribute to the many tasks of running a home and caring for a family, we can achieve a healthy balance of personal satisfaction and deep appreciation for others.

By supporting each other at our work place and at home, we develop a better understanding of the expectations we have of each other, the daily circumstances we are faced with and the time we have to address our own responsibilities. Although we may believe that more is expected of us than others, either at work or home, we all have the same time in a day and hours in the week to accomplish many similar tasks like meeting proposal deadlines, attending meetings, constructing a project or cleaning motel rooms. Balance that with family needs like going to church, helping children with their homework or staying up past a reasonable hour while waiting for a child who said he would be home early on a Friday evening leads to setting priorities, informing others of our situation and not letting negative influences overtake our lives.

If we communicate with each other, work to better understand life's demands and each other, especially in times of unexpected circumstances, we can relieve the pressures of daily living, build better relations with neighbors and co-workers and increase productivity and enjoyment in completing even the most pressure tainted tasks.

Some ways to improve the pathway to balance and understanding in our lives include: forgiving the unforgivable (this is something we do for our own sake, in order not to be locked in anger and fear), responding to life's question (what is our true priority in life), regaining a connection to the real faith and sanctity in life, finding freedom in trust of others and realizing that to achieve more we must work with temperance, patience and wisdom.

Overall, by sharing our experiences with others, prioritizing our goals and applying ourselves in a deliberate way, we will make daily progress at home and on the job. This approach leads to community activism, wholesomeness in the family unit, employment stability and lifelong friendships. Our individual health, success and accomplishments depend on how much we support and understand each other in the community.

Senator Campos is a licensed (K-12) school counselor and has successfully completed several fellowships that focused on policy alternatives and community development.