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## WORK/LIFE BALANCE – OUT OF REACH? It's Talked About but Most Don't Know Where to Start

(Vancouver, BC) Technology has made it possible to work anytime and anywhere, and the pressure for immediate response and results is higher than ever. As a result, the UN International Labour Organization reports over 75% of all doctor visits can be attributed to stress-related symptoms. Yet the pressure to perform does not go away, nor is work/life balance successfully modeled. What can be done to offset the negative effects that stress has on your health and well-being?

Julia James, international speaker and life coach who immigrated to Canada in the 1990's, was shocked to see people working anytime, anywhere, and not taking regular breaks or time away from work. Advancing technology simply compounds the problem of being available at any moment of the day. When thrown into this culture of constant "doing," Ms. James soon discovered "the small changes make the biggest difference."

Ms. James shares three small changes to fight stressors in your life:

1. Set your alarm clock earlier and start your day with 10 minutes of meditation.
2. Take a mental vacation in the middle of your work day. Turn off your phone, kick back and retreat for a few minutes to one of the most beautiful places – your imagination.
3. Create a ritual for winding down before going to bed at night.

"It is magical when you turn these three things into habits. Your productivity and focus increase, inspiration and new ideas emerge and you feel in charge of your life again. Make the shift and enjoy more energy and focus," says Ms. James.

To get started, check out Mini-Retreats for Busy People. These Mini-Retreats are a series of 6- to 15-minute long audio "vacations" of meditation, relaxation and empowering visualizations. "These guided retreats are invaluable. They have helped me realize and achieve my goals," says Michelle Raymond, a busy Realtor with ReMax Select Properties.

Julia James helps busy professionals around the world achieve balance in their lives. She is an international speaker and life coach and has launched a CD series: *Guided Mini-Retreats for Busy People*, available on her website at [www.juliajames.ca](http://www.juliajames.ca).

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If you'd like more information about this topic, or to schedule an interview with Julia James, please call Philippa Jarecki at 604-288-7942 or e-mail at philippa@juliajames.ca.