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season can be challenging.

Amy Vetter • Mar. 13, 2023



From tight deadlines to too much work, achieving work-life harmony during the busy season can be challenging. While it may be impossible to eliminate stress, there are strategies you can use to help reduce the negative impact of stress and increase productivity.

Stress is the body's natural reaction to challenging or demanding situations. It just so happens that a lot of the time, we can call our stress *work*. Work-Life harmony

becomes increasingly complex during the busy season as our daily tasks and

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1. Prioritize self-care and make time for hobbies.

When stressed out at work, we might neglect other areas of our lives, such as caring for ourselves and spending time with friends and family. As a result, we become less productive and risk burning out. One of the most important things you can do during busy times is prioritize self-care. It's important to prioritize self-care activities like exercise and meditation, which can help reduce stress levels. This could mean taking a 5-minute break from work, going for a walk, or doing something else that takes you away from what you're doing for a moment.

2. Set boundaries and say no to non-essential tasks.

As a CPA responsible for managing multiple clients and projects at once, it's easy to forget about yourself and your needs. The first step towards achieving [work-life harmony](#) is setting boundaries. You might have a lot of work on your plate at the moment, but that doesn't mean you need to take on every single project that comes your way. Say no to anything that isn't necessary so you can focus on what matters most — your clients and their needs.

e. Incorporate mindfulness techniques.

Mindfulness is all about focusing on the present moment without judgment or expectations. It's about being fully aware of your thoughts, feelings, and sensations without getting caught up in them. And it's this ability to stay in touch with yourself that makes mindfulness so powerful when dealing with stressful situations.

Incorporating mindfulness activities, like yoga or gratitude practices, into your daily routine can help you stay calm when things get busy at work.

Set aside time each day for exercise and meditation.

Time and time again, exercise has proven beneficial for both physical and mental

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work, you take a 5-minute break to rest, get up from your desk, or walk around the office. You can also use a calendar or reminder app to schedule your tasks for the day ahead or use an online tool like [Toggl](#) or [RescueTime](#) to track how much time you spend on different tasks throughout the day.

5. Create time for family and friends

Make sure to carve out time for those who matter most in your life. Set aside one evening each week to meet up with them or even have dinner together at home. Plan regular date nights with your significant other, or take turns hosting family dinners once a month so everyone can get together. This will help you stay balanced, keeping you happy and energized at work.

Whether it's on the intensive four-month audit, or the upcoming tax season, we all have busy seasons. The key to a healthy combination of work and life is maintaining balance and not letting the work creep into other areas of your life. Strive to eliminate those distractions so you can focus on what matters—you and your loved ones.

The life of an accountant is rewarding, but at times, [stressful](#). However, remember to take time out for yourself. Whether that means taking a tech break with calming music or getting away from it all by spending time outdoors, this is *your* career and life. You have choices. Take advantage of them!

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