

HEALTH



How I Find Balance

Priya D'Souza, regulation analyst, Alberta Securities Commission, Calgary

AFTER I COMPLETED MY CA IN CANADA, I wanted to give back the benefit of my professional skills to the community. When I came to Canada, I had to figure out how to obtain the necessary skills and designation to continue my career. By volunteering with CPA Alberta's foreign-trained mentorship program and the Calgary Immigrant Women's Association, I've been able to use my experience to help new immigrants so they don't have to figure everything out on their own. (I've also served as an exam facilitator with the Institute of Chartered Accountants of Alberta and am on the board of the Calgary chapter of CPAs.) At the same time, I continue to seek career guidance from mentors. I usually have three or four meetings a week related to my volunteer work.

Volunteering has allowed me to learn a lot of skills, including leadership, meet people from various backgrounds and expand my professional network. It's also very satisfying to see people you've mentored go on and succeed — that's a wonderful feeling. I want to continue to expand my leadership and management skills, and volunteer work nicely rounds out my professional life.

To help find balance outside of work, my husband and I like to head out to the mountains and go hiking, or travel — we might take a couple of vacations a year. We also like to try out new cuisines and check out different restaurants — we share many other common interests, such as reading articles and books on business and marketing. I enjoy painting landscapes, too, although I admit, it's been a while, and after the next week or so, it might be a bit longer before I can find the time to do so again, since we recently had a [tiny] new addition to the family. — *As told to Wendy Haaf*

STRESS-BUSTING TIP OF THE MONTH

No more waiting

DID YOU KNOW that just waiting for work email in off-hours is stressful?

In a study done by professors from three US universities, 300 participants completed two surveys. On average, participants spent about eight hours a week handling company-related emails outside of work. The study found an inability to disconnect from work results in a poorer work-family balance, leading to emotional exhaustion. The study's authors suggest companies establish formal policies on availability during after-work hours. — *Yvette Trancoso*



'Til death do us work?

HAVING MORE CONTROL in your job could mean the difference between life and death.

In a seven-year study of more than 2,300 people in their 60s, researchers at the Indiana University Kelley School of Business found an approximately 15% increase in the likelihood of death among those in high-demand jobs that offered little control compared to individuals in low-demand jobs. Conversely, a 34% decrease in the likelihood of death was shown among those in high-demand jobs with a high degree of control compared to those with low control. For the study, "job demands" referred to the amount of work, time pressure and concentration demands of a job, and "job control" was considered the amount of discretion one has in making work decisions. — *YT*