

work life and leisure pdf

Work-life balance is the term used to describe the balance that an individual needs between time allocated for work and other aspects of life. Areas of life other than work-life can be, but not limited to personal interests, family and social or leisure activities. The term 'Work-Life Balance' is recent in origin, as it was first used in UK and US in the late 1970s and 1980s, respectively.

Work-life balance - Wikipedia

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Leisure (poem) - Wikipedia

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