

## How to maintain a balanced life

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Students are constantly swamped with schoolwork, internships, and trying to maintain a social life. At least one of these things often gets neglected throughout the semester for most students. Grasping the idea of a work-life balance can be hard, especially for public relations professionals as our work often comes home with us.

Do you need help drawing a line between your career and your life? It's best to approach balance in a balanced way. Work-life balance does not mean you can go out partying every night and magically keep a nice GPA. However, you should be able to relax and have fun occasionally without having an anxiety attack about when your next assignment is due.

My advice? Outline five things you would do on your idea of a perfect day. Make it a goal to #treatyoself to at least one of these things per week. It's important to maintain good grades and gain work experience, but your mental health matters more than your GPA will 10 years from now. So work hard, play hard and enjoy the time you have left as an LSU Tiger!