

# FOCUS ON ARCHITECTS & ENGINEERS

## McCarthy Engineering Associates Inc.

McCarthy Engineering Associates, Inc., with offices in Wyomissing and Boyertown, is proud to be celebrating our 20-year anniversary as a multidisciplinary engineering, consulting, planning, and environmental services firm. We provide services to industrial, commercial, health care, educational, governmental, and residential clients throughout the Northeast United States. The firm's capabilities range from civil engineering, land development, structural design, water resource management, surveying and mapping to mechanical engineering, plumbing design, electrical engineering, and fire protection design.

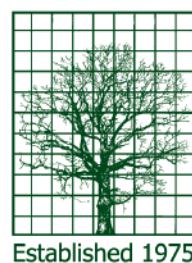
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McCarthy Engineering Associates Inc. is located at 555 Van Reed Road, Wyomissing, PA 19610; Phone: 610.373.8001; Web: [www.mccarthy-engineering.com](http://www.mccarthy-engineering.com).



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## The Importance of Establishing a Work-Life Balance

**By Jason Bailey, PE, All County & Associates**



Today, Covid-19 has brought a new reality to the world of the professional. I am referring to working from home. This brought the need to balance work, with life. For some, that balance has even come with extra responsibilities, like being teachers for their children. For me, this period has been an interesting experience that included restarting an old career.

Covid eliminated work travel, and my role became one of constant working at home. Initially, I loved working at home. No more driving back and forth, I had flexible hours, and best of all, I felt like I was getting more done. What I didn't realize was that I was working more hours. I could now jump into my work while my coffee was brewing. I slowly found myself getting outside less during the day. I didn't take a lunch break away from my computer as often. Some days, I woke and never left my house. Without being around other people, I started to lose that sense of community. As I lost the sense of community, it led to a feeling of despair. I no longer knew where my work stopped and my life started. Some days I felt trapped, my relationship suffered and so on. This led me to realize something needed to change.

When the opportunity presented, I jumped at the challenge of changing jobs. I thought that with the new job, I had the chance to re-establish a true work-life balance. I quickly learned that I had stepped into a different challenge. I went from a slow and at times long day, to a fast-paced day that never seemed to have enough hours. See, as a civil engineer, every project is about time. You have a client who

has come to you because they want to complete a project in a certain amount of time. You have reviewed their needs and developed a plan with budgeted amounts of time. Finally, you have regulatory submission timelines to adhere to and meetings to attend.

Though I still struggle with it at times, I continue to work to re-establish my balance. So here a few of my top tips for ensuring you establish or maintain a healthy work-life balance.



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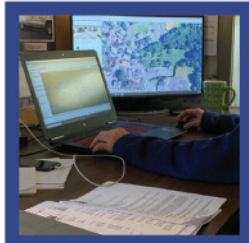
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### Re-establish connection:

For me this came in the form of returning to an office. If you cannot get back into the office, find another type of group or activity where you can socialize. We are social creatures and need human interaction. Getting into the office has helped me redevelop a sense that I belong to something bigger.

### At Home, create a separate workspace:

Make it a space away from where you eat, sleep and relax. The ability to close a door creates a great barrier from seeing what still needs done or how accessible it is.

### Re-establish a schedule:

There is a reason business runs scheduled shifts and hours, they create boundaries. Flexibility is great, until it leads to not knowing when to stop. If you worked 8-4 before Covid, get back to that to that. Make sure to leave time to get up and stretch out, take a walk, lift some weights, or read a book.

### Be a weekend warrior:

No, that does not mean to continue to open your computer and work. It means get outside, spend time with friends or family, go for a walk or work around the

house. This sense of accomplishment helps refresh your mind. Time outdoors can re-energize you and break up the constant presence of your work.

### Make to-do lists:

This one may not seem like it will help with work-life balance, but the benefits can be amazing. Too often, when we work from home, our workload and housework blur together into a big pile of items. Then we ask, how we can get it all done? Or worse, begin to stress that we are forgetting something. By establishing these lists, we get them out of our mind and onto paper. We decrease the feeling of forgetting and increase the sense of accomplishment.

Always remember, we are social beings and need to interact with others. Additionally, the power of feeling accomplishment is important to wanting to tackle more. So, when you are constantly isolated and feel like you are getting nothing done, that is when despair sets in. Take a moment and re-establish a balance that brings happiness and fulfillment to yourself too.

*Jason Bailey, PE is the General Manager of All County and Associates, Inc. He leads the Civil Engineering team, who prides themselves on "Helping You Make Informed Decision."*



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**Corporate Office:**  
949 Easton Road  
Warrington, PA 18976  
215-343-5700  
[info@carrolleengineering.com](mailto:info@carrolleengineering.com)  
[WWW.CARROLLENGINEERING.COM](http://WWW.CARROLLENGINEERING.COM)



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