

# Finding The Balance

BEYOND 16 TAKEAWAY MENU | 16+ YEARS

Trying to find the balance between working and enjoying ourselves can be really tricky; but we have some tips to help.

## WORK / LIFE BALANCE

Meet two STEMazing role models and find out how to manage your time.

62 mins // May 10 2021

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## WORK AND REST

Find out why it is important and how to find a balance between work and rest.

5 mins // Mar 22 2021

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## PRODUCTIVITY

Read our Zine article for 5 tips on living a productive lifestyle and enjoy downtime.

5 mins // Mar 25 2022

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