



3rd floor – TIME

Lifebalance: Bring your life into balance

Can you create a balance of activities in your life?

Try out for yourself where your 'time eaters' are and what a good balance looks like for you!

Our free time seems to be getting less and less. We have to do more and more. We hardly know doing nothing and boredom anymore. But we need a balance in life between work, leisure and other activities.

We lack time

People in modern societies very often have the feeling that they don't have enough time for anything. Whatever they start - it always seems to them as if they are already too late, as if it is already taking too long. The traffic light is red too long, reading this text takes too long, the cashier at the checkout is too slow, etc...

Life in balance

Our lives seem to be out of balance. Social researchers are therefore trying to determine what a good 'work-life balance' is, that is, what a good distribution of our time among the various activities of life looks like.

They are particularly interested in the relationship between working time and leisure time. However, we do not only perceive the time we spend working for money as work, but also housework, continuing education, filling out insurance forms, caring for our own bodies or for relatives, etc. If leisure is the time in which we have the feeling of being able to determine and dispose of ourselves freely and self-determinedly, then most people today have no leisure at all: they are constantly under pressure to do this and that, their to-do list is never finished. So they postpone the hope of a 'time-life balance' to retirement age: in retirement, that's when real life is supposed to begin. But why is it that we are so short of time, that our hunger for time is insatiable?