

Jaime K.

Going back to work for me was a smoother transition than I originally anticipated. As a new mom, I absolutely LOVED being home with my son for 3 1/2 months (I was actually home for a total of 4 1/2 months, as my company offers 1 month off prior to your due date), but I also knew that a big part of who I was, pre-baby, was my career - the drive and the focus involved in getting up and going to work and feeling accomplished in a professional setting. My husband often joked with me during maternity leave and would say "make your to-do lists that you love so much and write 'change my son's diaper' 10 times, this way you can cross it off and feel like you are getting through the to-do list every day." :)

I knew I needed that balance in my life - I wanted to wear 2 hats - a mommy and a professional woman. So as I went back to work and my son started daycare on campus, I promised myself and our new little family that I would work hard during the day, knowing that my son was in excellent care at daycare, and then do everything I possibly could to NOT get consumed in work after hours - time that was going to be reserved for family/baby quality time. The laptop does not come out until after the baby is asleep, if at all at night.

My company also launched a "Wellbeing" Initiative while I was out on maternity leave and I was so happy to go back into an environment that was SO focused on work life balance - ability to work from home if needed, focus on mental, spiritual, emotional and of course physical wellbeing. I try to attend as many Stroller Strides classes as possible during the week (Tuesday night Stroller Barre and Saturday mornings are definite), but if my schedule does not allow for many classes, I actually bring my bands into the office and will carve out time to do some workouts periodically throughout the day. I will admit to an occasional conference call with my head set on doing some bicep curls :)

I am happiest when I am focused on a positive outlook on a balanced life, healthy living and never losing sight of the blessings that we are all given - my little 10 month old being the biggest and best one yet :)