



Leslie Elmer is the vice chair of the NAMSS Membership Committee and the chair of the newly formed Young Professionals Work

Group. To learn more about the NAMSS Young Professionals, visit us in the NAMSS Leadership Lounge in Colorado Springs, Colorado, on Sunday, October 22!

How Do You Do It All?

Not that long ago, a colleague asked me, “How do you do it all?” As I got past the initial struggle to realize what she was referring to, I began thinking to myself, “Wow, I really don’t feel like everything is getting done; not daily, weekly, or even monthly at times.” I have always woken up in the morning and let the day happen. I start the day with good intentions — to get a number of things from my to-do list completed — however, there is never any telling how it will go getting a four-year-old ready and off to daycare, or what messages will be waiting for me on my office voicemail or in my email. To top it all off, expectations from my providers and leadership team often take precedence over my pre-determined daily schedule. I sometimes feel alone in this overwhelming state that each day is filled to the brim. I drop off my son at daycare, race to the office, and accomplish as much as possible on my to-do list before retracing my steps to pick up my son from daycare. Then there’s swimming lessons, taking the dog for a walk, and putting a healthy meal on the table for my family. I don’t think there are ever five minutes in the day to breathe until

after my son is in bed. By that time, frankly, I am too tired to have “me time” prior to putting myself to bed, in preparation of repeating the same process in less than 12 hours.

Thanks to my colleague’s question, I realized that there has to be a better way to get everything done and not feel as though I am running around silly all day. I began to do some research into the various ways that people attempt to find the “work-life balance,” because ultimately that is what we all want, isn’t it? After searching numerous sites and reading the latest information, I found that, most importantly, I am not alone in this struggle.

According to a recent **American Sociology Association study**, 7 in 10 American workers are struggling to find a proper work-life balance, despite the fact that it has been determined that there are major physical and mental benefits in achieving this. These benefits include reduced hypertension, better sleep, and lower consumption of alcohol and tobacco, as well as a decrease in marital tension and improved parent-child relationships. I don’t know about you, but I will do just about anything to get better sleep and to not hear my husband complain about me being on my phone all the time!

Laura Stark, author and productivity expert, has five tips that really hit home with me. These tips have been easy to introduce to my busy schedule, and they remind me that I need to add proper value to those things in my life that I am working so hard for in the first place. I want to share these tips with you in hopes that even one will make attaining a work-life balance more achievable for you.

1. Build downtime into your schedule.
2. Drop activities or people that do not add value to your life.
3. Rethink your errands.
4. Get moving.
5. Always remember that a little relaxation goes a long way.

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NAMSS' Conference Molds Exceptional MSPs

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If you are unable to attend the conference, I encourage you to consider the NAMSS Virtual Conference which is an organization-wide, low-cost training approach that offers you and your staff the right level of training at the right price, depending on your organization's educational needs. The Virtual Conference offers eight sessions that are broadcast directly from the live Educational Conference. The 90-minute real-time webcast sessions offer individuals different levels of virtual access, depending on your educational interests.

As your chairperson of the Education Committee, I look forward to meeting you at the conference, and visiting with you about your educational needs and how the Education Committee can serve you. Don't hesitate to contact me at the conference. <<

Certification Exams and Scaled Scoring

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and Privileging (55-63%); 2) Ongoing Monitoring (19-27%); and 3) Supporting Departmental Operations (13-24%). Each exam test form will contain a different number of questions for each domain in the exam content outline. With scaled scores, candidates will be able to assess their strengths or weaknesses by comparing their individual scaled scores to other candidate data on their score report. Each score report includes brief descriptions of the purpose of the pertinent exam, the score scale, and how to compare the candidate's scores with other test taker scores. <<

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I know it can be intimidating to try new things and to take a leap of faith that something small will make a large impact, but if you can schedule some family fun or a vacation now and then, you will have something to look forward to in the future. If you are struggling to find time to clean the house or grocery shop, see if there is someone in your area who would do it for you. I understand that we may not all have the additional money to fund these things, but consider asking a neighbor, close friend, or niece or nephew. Another great option for quality time with your spouse is to have a group of friends take turns watching all of the kids so that the couples rotate their date nights. In my opinion, that is a win-win for both the adults and the kids. There is good advice in the old adage that if you aren't taking care of yourself, you cannot take care of anyone else; it is important to make time for yourself every week.

In the words of Dolly Parton, "Never get too busy making a living that you forget to make a life." <<