

# HUMAN CAPITAL®

*realising business strategy through people*

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## To do or not to do - **ethics** in question!

**INTERVIEW** 22  
**Simpson D'souza**  
Head, BSH

**HR PRACTICE** 56  
**Driving your career**  
ADP, India

**PERSONA** 68  
**Ashu Malhotra**  
Head-HR, Jabong.com





# Holistic ways of dealing with work & life

BY ROHIT AGGARWAL

**I**n the competitive environment of our time where every day is a deadline, stress and pressure are our constant companions. Work pressure and stress have become one of the major reasons for degrading health of people. It is a big irony that the success is chased for comfortable and luxurious life, while the seeker forgets to cherish the happiness that comes from everyday things.

It is important to realize that your life is not limited to your job, and success is not counted by the currency in your bank accounts. In the rapidly deteriorating work environments of our times, we need to set our priorities right to deal with the pressure of everyday life. There has to be an epiphany in the cacophony. These are a set of simple life rules and truths often ignored that can transform your life, if adopted in spirit.

## Definition of success

Do not equate success with only professional laurels and money. A lot of other parameters too define a successful life. Do not underestimate the importance of respect, goodwill, friendships, and peace of mind. Adopting a comprehensive approach to success will help you better deal with everyday pressures.

## Don't overwork, work smart

Spending hours solving a problem may not always be enough. Train

yourself to think out-of-the-box and turn unconventional to find smart solutions, novel ideas. We often see people staying back beyond office hours as a matter of routine. This is not to be encouraged. It is important to learn to finish your work within stipulated hours, and move on to other important things in life. Your inability to wrap up on time shows your incompetency, not hard work.

## Control anger

Anger is natural but undesirable. More often than not, it ends up further convoluting a problem. An angry dressing down to junior colleagues in a tight situation may further hamper their productivity. If a situation is running out of hand, discuss it in a calm and composed way with colleagues and help them find solutions. You might as well strike a new idea to tackle the load! Anger and criticism can be reserved for a later peaceful day when you are conducting a SWOT analysis.

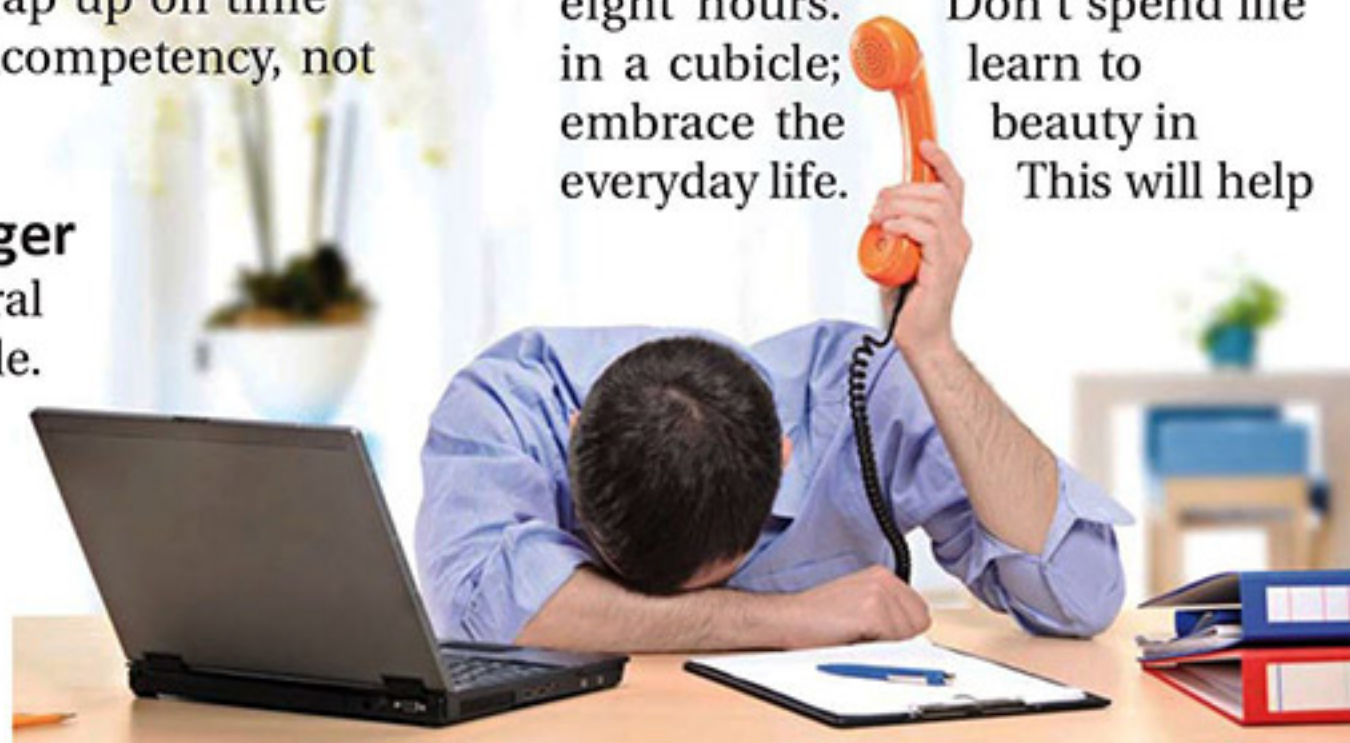
## Welcome criticism

Criticism may not be a likeable thing, but it is necessary. Don't get defensive when faced by criticism. Take it positively and use it to

turn yourself around. Consider criticism as valuable feedback rather than annoyance. It will also help you tackle pressure better.

## Healthy living

Walk every day in an open space, practice yoga to unclutter your mind. Eat nourishing food, relax with music or a book and sleep eight hours. Don't spend life in a cubicle; learn to embrace the beauty in everyday life. This will help



you deal with pressure and stress.

All these aspects of being are encouraged and followed at Koenig, thus making Koenig-ites happy workers committed to the company. Anyone can learn and imbibe these simple mantras for striking a perfect work-life balance and making the most of your personal as well as professional life.

HC

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