

GAMMA-RHO LIFE BALANCE



KAPPA SIGMA FRATERNITY

FELLOWSHIP • LEADERSHIP • SCHOLARSHIP • SERVICE



Our Vision

Gamma-Rho's vision is to provide our members with a great college experience; to ensure they are career-ready; to start a lifetime of friendships; and help them have successful lives.

- We will be a values-driven organization.
- We will be innovative and not afraid to lead.
- We will adapt as it makes sense and will collaborate with our campus & community stakeholders.
- We will focus on creating a fun and healthy environment.
- We will provide a quality living-learning environment.
- We will recruit those focused on academics, campus & chapter involvement, career-readiness, diversity & inclusion, leadership development, service and respect for differences, as well as those with a competitive spirit.
- We will on-board our members successfully, ensure our members are career-ready, and help them develop a lifetime affinity to Gamma-Rho, Kappa Sigma and the University of Arizona.

What is Life Balance?

Contemporary college life and soon-to-follow professional life are often unpredictable, pressure filled, and deadline driven. The lines between your academics, professional responsibilities, and personal time are blurred.

Forget the tired image of life balance as a seesaw or the Scales of Justice.

Life balance is not equal parts of everything in your life. It's a sliding scale and sum of the parts, constantly in flux.

Life balance is about feeling content with who you are and the decisions you're making. It's a state of mind, not a place you arrive. It's created, not found. Life balance is constructed by you, through the process of making tough choices.

The Benefits of Life Balance?

Life balance is proven to:

- Reduce stress (workplace stress is the fifth leading cause of death in the USA)
- Improve mental health
- Improve physical health
- Enhance your ability to be present
- Improve your relationships
- Increase creative thinking
- Increase your productivity

The big picture is simple: Life balance improves your happiness and fulfillment. Life balance brings you higher levels of success.

Questions to Ask Yourself About Your Life Balance

- What is the fuel you need to be your best? (Food, exercise, sleep, favorite activities.)
- Are you getting enough of your fuel?
- What can you let go as a non-priority?
- What boundaries can you add to better protect your time?
- Are you working on the right things?
- Do you enjoy what you're doing each week? If not, what are you going to change?
- Are you making a little time each week to think about your short and long-term goals?

Life Balance

A less stressed, healthy mindset involves:

- Properly fueling your machine: food, exercise, sleep, mental health
- Prioritizing properly
- Letting go of non-priorities
- Creating strong boundaries
- Being present
- Creating space for your brain to think creatively

Joshua Surridge



Joshua Surridge grew up in Olympia, Washington before matriculating at the University of Arizona in 1999. He was initiated into the Gamma-Rho Chapter of Kappa Sigma Fraternity in 2000. He served the chapter as Grand Procurator and the UArizona Greek community as Interfraternity Council president. After a career in Corporate America, Joshua launched a digital strategy consultancy where he serves as principal. He is a featured national speaker at conferences and webinars with his Champagne, Caviar & Content: Approaching Content Marketing for Luxury Brands series. Joshua is a multi-million dollar producing real estate agent, a former NCAA baseball umpire, and an Eagle Scout. He currently lives in Marana, Arizona with his wife and three sons.



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