



Nursing Jobs in the UK with Work-Life Balance

Discover [nursing jobs](#) in the UK that offer balance and fulfillment.

Learn how to thrive professionally while enjoying a rich personal life.



Made with GAMMA

The State of Work-Life Balance in UK Nursing

Average Weekly Hours

UK nurses work about 37.5 hours weekly in NHS roles

Flexible Working

Increasing demand for part-time and job sharing options

Work-Life Challenges

Imbalance impacts patient care quality and nurse retention



Top Nursing Jobs for Work-Life Balance: Community Nurse

Role Focus

Care provided in patients' homes and community settings

Strong patient relationships and autonomy

Workday & Salary

- Flexible schedules
- Caseloads in specific areas
- £31,500 - £41,750 (NHS Band 5/6)



Top Nursing Jobs for Work-Life Balance: School Nurse

Key Benefits

Regular hours aligned with school calendar

Focus on preventative health care and education

Typical Duties & Salary

- Health screenings and medication administration
- Term-time contracts available
- £28,407 - £34,581 (NHS Band 5/6)

Top Nursing Jobs for Work-Life Balance: Occupational Health Nurse

Focus & Benefits

Promotes workplace health and safety

Predictable Monday-Friday hours

Daily Work & Salary

- Health assessments and injury management
- Health promotion campaigns
- £35,000 - £45,000 (Private Sector)

Top Nursing Jobs for Work-Life Balance: Nurse Informaticist

Role Overview

Combines nursing knowledge with IT to improve care delivery

Work Environment

Office hours with possible remote work options

Salary & Duties

Develops EHR systems, data analysis, training

£38,890 - £47,672 (NHS Band 6/7)



Tips for Achieving Work-Life Balance as a Nurse

1

Prioritize Self-Care

Exercise, healthy eating, mindfulness practices

2

Set Boundaries

Learn to say no and manage your time

3

Seek Support

Connect with colleagues and mental health resources

4

Negotiate Flexibility

Explore part-time, job sharing, or remote options



Your Well-being Matters: Creating a Sustainable Nursing Career



Explore Balanced Roles

Community, school, occupational health, and informatics nursing



Take Action

Pursue work-life balance actively and seek resources



Use Available Help

RCN and NHS Employers offer well-being support services



Never Neglect Self-Care

Your health and happiness fuel your career success



Get in Touch

www.nersify.com