

SEPTEMBER

Work-life Balance

According to the Canadian Mental Health Association, most Canadians struggle with balancing their responsibilities at home and in the workplace. Work-life imbalance results when an individual is unable to manage all of their life's priorities. This might mean that a person is spending more time at work than with their family and friends. It is important to achieve a work-life balance in order to live a healthy, happy, and fulfilling life.

Signs and Symptoms of Work-life Imbalance

- Difficulty concentrating at work or at home
- Consistently feeling stressed or overwhelmed
- Low energy at work and at home
- Short fuse with family, friends, and colleagues
- Consistently bringing work home or working very late
- Consistently canceling on social plans in order to perform work-related tasks
- Inability to enjoy hobbies or interests outside of the workplace

There are things that you can do to improve your work-life balance!

Tips for Achieving a Balanced Life

- Talk to your employer if you are feeling stressed or overwhelmed
- Remind yourself of your values, interests, and goals
- Create a buffer time between work and home where you can relax or pursue a hobby
- Eat well, sleep well, and exercise
- Use a calendar
- At the end of each workday, set priorities for the following day
- Take short, scheduled breaks throughout the day
- Do not take on more tasks than you can handle
- Schedule social and personal time
- Limit the amount of work you take home

