

Work/Life Balance Matters!


It can be difficult to balance the **competing priorities** in our lives, between work, home, family, friends, community, and our own health and well-being. When these commitments get out of balance, we can feel **overwhelmed, stressed, and burnt out**.

Healthy work/life balance isn't one simple formula that applies to everyone; rather, it can look different based on **each individual's circumstances** and **what works for them** at a given time. Getting off-balance from time-to-time is also normal as factors in our work and home lives **may be outside our control**. It is important to recognize this difference so that we can **focus on what we can control** without guilt for what we can't.


While strategies can certainly vary, the below tips can help when it comes to establishing a healthy balance that **works for you!**



discuss your workload concerns with your supervisor



set clear boundaries around work and home



focus on one task at a time



take your breaks away from your desk, phone, or computer



allow yourself to say 'no' to voluntary commitments



move your body throughout the day

Ten tips for maintaining work/life balance



ask for support when you need it at work or home



set realistic priorities to start each day



schedule time for hobbies and leisure



prioritize sleep and nutrition