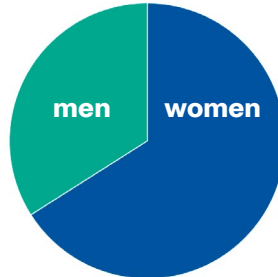


Women's health



Balancing work, life, relationships and the mental load can take a toll.

38% of mothers of young children say they'd have to leave their jobs without workplace flexibility.¹



Did you know most unpaid family caregivers are women?²

66% women

34% men

After trying to balance work and home tasks there is also the “mental load” that many women carry. Sometimes referred to as “worry work,” the mental load includes all the invisible work that comes with managing a home and family. This involves managing the family needs and schedules and all the in-between “to do’s”. Even if women receive help with family tasks, they’re often in charge making sure they happen. So how can women alleviate stress and pressure from their day-to-day and live healthier lives?

Self-care is a great place to start and can go a long way to help balance life and renew energy. Here are some tips to get you started:

- Start with healthy choices. Eat healthy foods, exercise and aim for 7-9 hours of sleep.
- Practice daily self-care to support your physical and mental wellbeing. When you take care of your needs, you feel more equipped to help others.
- Connect with friends. Invest your limited time in people who bring you joy and are supportive of you.
- Try to do something you enjoy each day. This could be something as simple as listening to your favorite music, watching a TV show that makes you laugh or engaging in a hobby you enjoy.
- Find ways to relax. Unplug and unwind with a bath, book or a walk outside.



Resources for Living is here to help.

If you're dealing with a more severe form of stress or can use support, we're always here to help. We offer in the moment support with licensed counselors and can direct you to local providers in your area.

We also offer online tools, podcasts, videos and resources that can help you each step of the way.

There are ways to better mental health and wellbeing.



We're here for you 24/7. Give us a call or visit us online for resources and support.

¹Women in the Workplace 2023. Available at: mckinsey.com. Accessed April 2024.

²Women and caregiving: facts and figures. Available at: caregiver.org. Accessed April 2024.