

A happier you begins with a balanced work and family life

Work/life balance is the act of juggling the responsibilities of work, life at home and relationships with friends and family members.



Having a balance between your work and home selves has many benefits including:¹

- Fewer health issues
- Less fatigue
- Higher productivity at work and home
- Better mindfulness
- Lower risk of burnout from overload or conflicts
- Increased work and relationship satisfaction

Speaking of work/life balance is one thing but creating and achieving that balance is another. If you feel off balance more often than not, try some of these tips:

- Learn to say “no”
- Take breaks
- Prioritize your health
- Practice self-compassion
- Invest in relationships
- Communicate your boundaries and limitations
- Make space in your schedule for family time and “me” time
- Ask for help when you need it

If you feel overwhelmed or unsure how to balance your responsibilities, give us a call. Resources For Living can assist with referrals for services or other resources in your area to help you balance your work and home lives.

¹Mayo Clinic. [Work-life balance: Tips to reclaim control](#). Accessed August 22, 2022.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

Don't wait!
Improve your
happiness through
better work/life
balance today.

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