

The Importance of Work/Life Balance for Health, Job Satisfaction, and Productivity

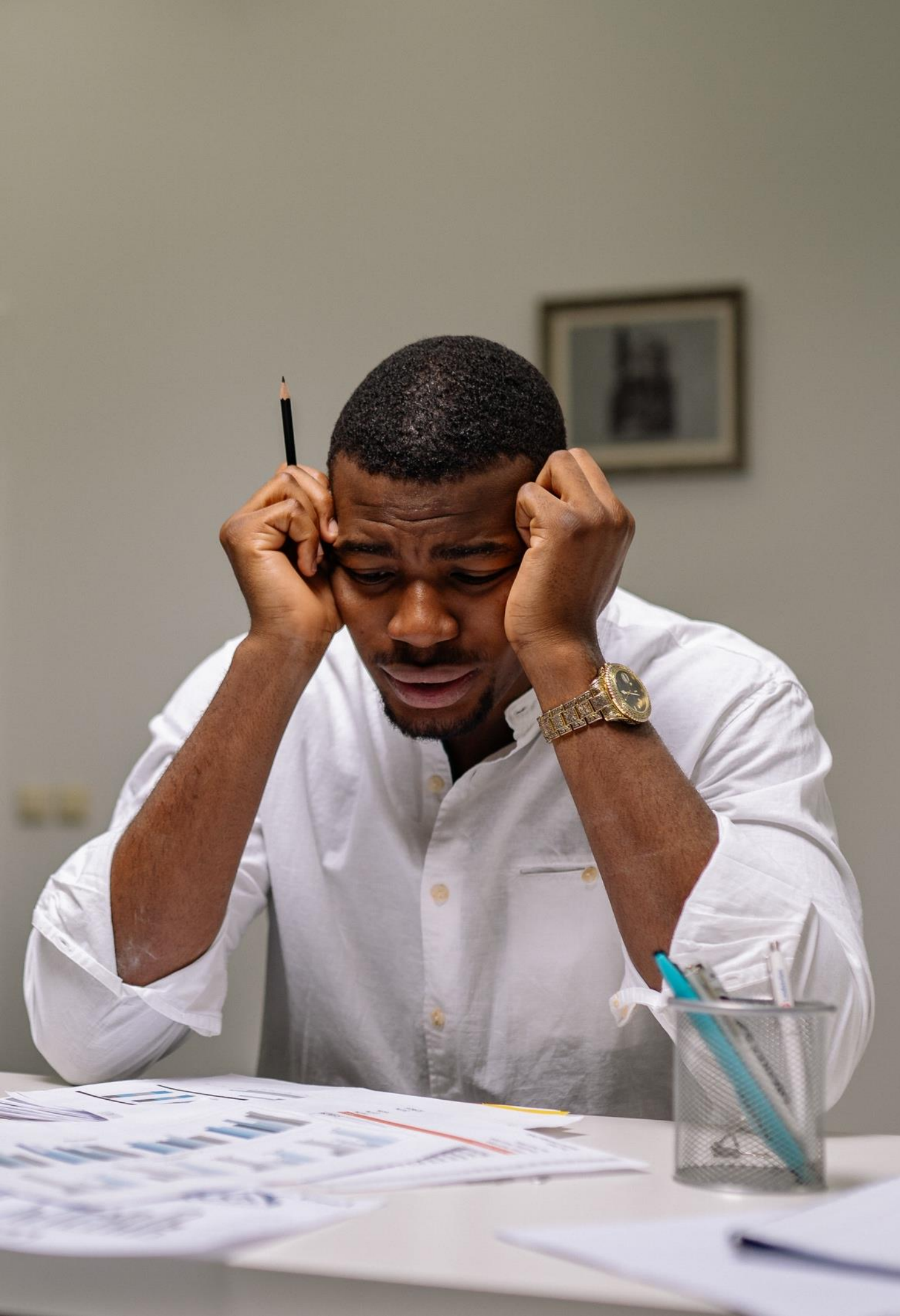


What does *work/life balance* mean to you?



Work/life balance is a state of equilibrium where an individual's career and personal life are in alignment. Both are equally important.





Reasons for an Out-of Balance Life

- Unrealistic work expectations
- Inability to prioritize and manage work responsibilities
- Learning curve due to a promotion or a new position
- Loss of job
- Illness
- Caring for aging parents
- Having children

Side effects of an Out-of-Balance Life

- Decline in physical health
- Difficulty sleeping
- Experiencing stress, anxiety, overwhelm, depression
- Over-committed schedule
- Lack of focus and mental clarity
- Poor productivity
- Spending less time with family and friends
- **BURNOUT**



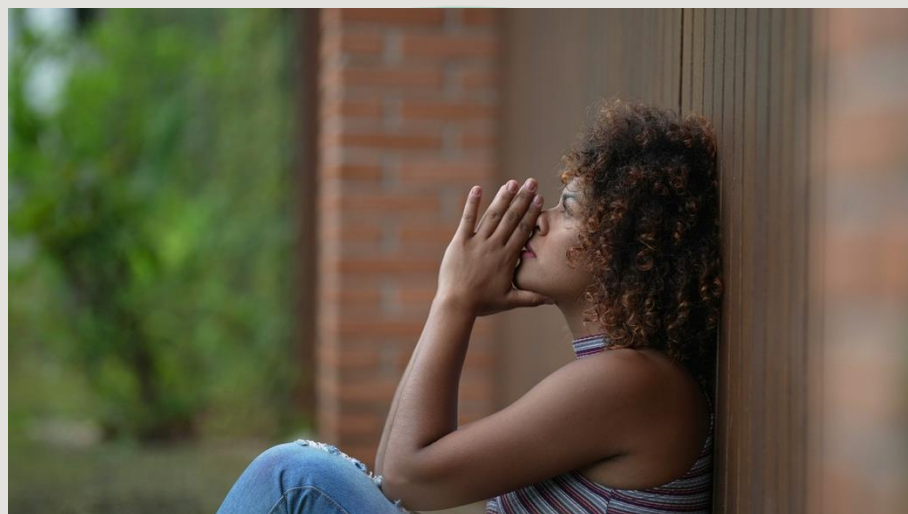
Impacts to the Employer When Employees Struggle with Work/Life Balance

- Increased employee absenteeism due to illness and job dissatisfaction
- Higher healthcare costs
- Unhappy employees
- Poor productivity
- Increased turnover
- Compromised workplace culture



Ways to Create Work/Life Balance

ASK FOR HELP



SET HEALTHY BOUNDARIES

SAY NO * PROTECT YOUR ENERGY



GET ORGANIZED

CONTROL YOUR CALENDAR



Ways to Create Work/Life Balance

VACATION



DIGITAL DETOX



GET MOVING



Ways to Create Work/Life Balance

Do something for yourself each day that brings you joy

Savor a cup of tea or coffee



Practice Gratitude



Play with pets



Ways to Create Work/Life Balance

Do something for yourself each day that brings you joy

Meditate | Devotions



Play with kids



Listen to music



Ways to Create Work/Life Balance

Do something for yourself each day that brings you joy

Go for a walk



Read



Light a candle





Give feedback to Lisa

Scan this QR code



Or go to

<https://talk.ac/lisahammett>

and enter this code when prompted

WORKBOOK

Call to Action:

What can you commit to doing to create more balance in your life?

