Work Life Balance

Staying in balance
helps you manage
the demands of
each day.

Make
time to do
the things
you enjoy.

Be realistic about what you can achieve in one day.

Take your breaks
to do something
for yourself
(stretch, walk,
listen to music).

Personalize your workspace if allowed.

Stick to set work hours.
Avoid checking on work
when you're at home.

Eat well.
Get enough sleep.
Drink water.
Be active.

Build
downtime
into your
schedule.

Your
mental
health
matters!

SUPERIOR Mental Wellness @ WORK