

OCTOBER WELLNESS

WORK/LIFE BALANCE FOR MENTAL HEALTH



Bringing balance into our lives has a variety of benefits. Some of these benefits include: more productivity, less stress, decreased depression, better concentration and improved immune systems. Achieving balance can help us improve our personal and professional lives.

Here are some tips from Mental Health America (MHA) on balancing work & life:

At Work:

“Set manageable goals each day.” Be realistic about project deadlines. Make a “to do” list in order to organize your work and to prioritize important tasks.

“Take five.” Breaking away from a project for a quick moment will allow you to de-stress and return with a clear head.

“Communicate effectively.” Communicate with honesty and empathy. Suggest practical solutions or ideas. Respond rationally and calmly.

At Home:

“Unplug.” Be aware of the possibility of becoming overwhelmed by being available 24/7 through technology.

“Get support.” Talk with family and friends. Having strong support systems that you can rely on has been linked to stronger immune systems.

“Take advantage of your company’s Employee Assistance Program (EAP).” Employee Assistance Programs can save time and offer resources for a variety of things, such as: childcare, elderly care, referrals for mental health providers and more.

“Treat your body right.” Physical activity, good nutritional habits and good sleep keep us healthy in many ways. Benefits include stress management and less sick days.

“Get help if you need it.” Seek help if stress and feelings of being overwhelmed become too much to handle alone. If your health and/or happiness are in jeopardy, know that there are mental health professionals who can help.

For additional information on these tips and to see additional recommendations from Mental Health America (MHA), click here: [Work Life Balance](#)