

Improving the Work-Life Balance

Overcoming Mental Health Obstacles & Achieving Wellness

When the pandemic began, the work-life balance was disrupted. Much of the working population began consistently teleworking from home for the first time causing the work-life boundary to blur. Some started to overwork as there was constant access to emails, coworkers, and assignments. Others found themselves distracted by the people or items residing within their homes and fell behind in their work. Even as the working population begins their return to the office, the work-life balance remains skewed for many.

Finding a healthy balance between your work and personal life is challenging, but when achieved, it benefits your physical, emotional, and mental wellness.

MAKING THE MOST OF YOUR TIME AT WORK



Research has shown that when an employee feels in control of their work, stress levels decrease. To achieve a sense of control, try starting your day by setting manageable goals. Be mindful of your workload and approaching deadlines when formulating a reasonable to-do list.

Once you have created your to-do list, set a time frame to get each item done and stick to it. To stay on schedule, try taking small breaks between larger tasks. These breaks can consist of making time to grab a coffee or getting out of your seat to take a stroll around the office. Taking a break allows your mind to relax and reset. Without these breaks, your focus can waver, negatively affecting your performance.

MAKING THE MOST OF YOUR TIME AT HOME



Just like work, your home life is full of responsibilities. Someone has to do the laundry, put away the dishes, and make the meals. Tackling these household chores in small batches or dividing them amongst all household members can help to keep you from feeling overwhelmed.

When you have free time, be sure to make the most of it. Taking time to work on your hobbies, socializing with your friends, or practicing self-care are all important ways to bolster your mental health. Your free time should be spent replenishing your needs and leave you feeling re-energized.

If you or your spouse have access to an Employee Assistance Program (EAP), utilize it! EAPs can provide you with resources to manage stress and anxiety, childcare, elderly care, legal advice, and more. Most EAPs are available 24/7/365 to provide support whenever you need it.

Not everyone's work-life balance will look the same. Identify your barriers, take active measures to reduce their effect on your work-life balance, and note the changes in your physical, mental, and emotional wellness.

As 2022 continues to unfold, Creative Benefits, Inc. will send you valuable information and resources to help you prioritize your mental health and wellbeing.