Work-life balance

Here's how to achieve it

The pressure of an increasingly demanding work culture is one of the biggest challenges to society's mental health. Feeling unhappy about the amount of time you spend at work and neglecting other aspects of life because of work may increase your vulnerability to stress. Increased levels of stress can, if not addressed early enough, lead to burn-out or more severe mental health problems.

What does a good work-life balance look like?

A healthy work-life balance will mean feeling fulfilled and content in both areas of your life.

How do I know if my work-life balance is unhealthy?

Regularly check your work-life balance by following these five steps:

1. **Pause.** Pausing and thinking about your priorities can help you discover if the way you're living, and working is right for you.
2. **Pay attention to your feelings.** Being aware of your feelings can help you decide which changes you want to make.
3. **Reprioritise.** Think about what needs to change.
4. **Consider your alternatives.** Is there anything at work you can change to meet your new priorities?
5. **Make changes.** Maybe that's making sure you use all your annual leave or not checking your emails during the weekend, for example.

Helping yourself to re-align your work-life balance

Regularly check your work-life balance by following these five steps:

- **Accept your life stage -** There will be times in your life when you have even less time than normal. Knowing the phase, you're in can help you to feel less stressed and make you look forward to the future.
- **Speak up -** If you're feeling stressed at work, talk to your manager about your workload.
- **Look after yourself -** Take proper breaks when you're at work, drink enough water, eat healthy and exercise.
- **Switch off -** Smart phones and tablets are great for staying in touch, but they also mean we can be online 24/7. Set a deadline each day to switch off your work phone and stop checking emails.
- **Get help -** If you're going through a particularly demanding time in your life, get as much help as you can.

If you feel you need help, contact Platinum Health's Mental Health Services department (014 590 1700) or alternatively talk to an EAP Counselor (010 133 0525) available 24/7!

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