

What is work-life balance?

The concept of work-life balance is different for everyone. Overall, it is about prioritizing what is important to you in your work and personal life.

Years ago, the line between work and home time was more well-defined. An increase in technology and the need for more employees to be available 24 hours a day, seven days a week, has led to burnout.

First used in the late 1970s, the term has become more prominent as two-career families grow, work demands increase and work stress is recognized.

Signs of a poor work-life balance include:

- Fatigue
- Increased stress
- Poor physical or mental health
- Depression
- Anxiety
- Decrease in work productivity
- Feeling unhappy about the time devoted to work
- Less time spent with family and/or friends and loved ones
- Increased expectations at work or at home

Experts note that despite the pressures, a good work-life balance can be achieved. Your employee assistance program (EAP) is a good place to get assistance in organizing your life and learning to prioritize.

Resources

- National Institute of Mental Health: www.nimh.nih.gov
- American Psychological Association: www.apa.org
- American Association for Marriage and Family Therapy: www.aamft.org

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