

Work/Life Balance in Today's World

**A hectic, unbalanced lifestyle
can be detrimental to our health.**

The growing demands of work and personal life challenge us to manage our time and priorities better than ever before. Many of us are discovering that a hectic, unbalanced lifestyle can prevent enjoyment of personal relationships, interfere with productivity and be detrimental to our health. The best way to know if your life is in balance is to consider how you feel. If you have the time and energy to “do it all” and feel good about yourself and your life, it is likely that your work and personal life are in good balance.

Key indicators of a balanced life include good physical and mental health, meaningful activities, satisfying relationships and peace of mind. The following are typical symptoms people experience when their lives are not balanced well...

- Feeling stressed or signs of physical illness
- Having trouble sleeping
- Feeling a dissatisfaction with activities.
- Feeling overwhelmed; becoming forgetful
- Feeling dissatisfied in your relationships
- Having conflict with those around you
- Finding it hard to concentrate or be creative

The fact is there's no magic formula that will help you give exactly the right amount of time to the many competing demands in your life. But your EAP can assist you in your quest for this sense of balance. Coaching is a great start to achieving both that external and internal balance we all strive for. And the good news is that coaching doesn't have to take up much of your time. EAP coaching is done through supportive telephone calls and emails as well as face-to-face if you are interested. The EAP wants to see you realize that sense of accomplishment and satisfaction in your life. It is just one phone call away. Call the EAP to ask about coaching and take that first step to finding your work life balance.

A Program you can trust.