

## Work–life balance

When you have a good work–life balance, it means you have enough time and energy for both your work and the other parts of your life. It also means you can keep your work and the rest of your life separate from each other.

If you have more work than you can finish in your normal workday, it's hard to keep a good work–life balance.

## Why is work–life balance important?

Work–life balance is important for staying healthy and happy. If you have a good work–life balance, it's usually easier to:

- Manage stress
- Keep your relationships strong
- Stay active
- Cook healthy food

All of these things are part of staying healthy and happy in your life.



### Let's talk about it

- Have you ever had too much work to do? How did it make you feel?
- What are some things that make it hard for you to keep a good work–life balance?



## Improving your work–life balance

Here are some things you can try if you need to improve your work–life balance:

- Turn off notifications for work on your personal smartphone
- Go home or log out when your normal workday is done
- Talk to your manager if you have more work than you can finish in your workday. Ask if they can help you find ways to manage your workload.

If you can't talk to your manager, or if your work won't make the changes you need, you should think about whether this is a healthy place for you to work.