



Frontline Wellness Program – The Coping Club

Topic: Work/Life Balance

Material:

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJx8>

Healthy work-life balance refers to maintaining a harmonious relationship between your work and personal life. It involves consciously managing your time and energy to meet both professional and personal commitments while prioritizing self-care and well-being.

achieving a healthy work-life balance may vary from person to person, depending on individual circumstances and preferences. It's important to find a balance that works for you and promotes your overall well-being.

Why is work/life balance important?

Workaholics and those who struggle to practice self-care find themselves at higher risk for burnout, fatigue, and stress-related health issues. Poor work-life balance can also leave employees working more hours but being less productive.

unhealthy work-life balance can look like:

Constant overwork: Regularly working long hours, including weekends and holidays, without sufficient time for rest, relaxation, or personal activities

Neglected personal life: Sacrificing personal relationships, hobbies, and leisure activities due to excessive work demands

Burnout: Experiencing physical, mental, and emotional exhaustion due to chronic stress and work-related pressure

Lack of self-care: Failing to prioritize self-care activities, such as exercise, adequate sleep, and leisure time resulting in deteriorating physical

Strained relationships: Difficulties in maintaining healthy relationships with family, friends, and loved ones due to work-related commitments

Prioritizing occupational needs over personal values and goals

Strategies:

Practice time management

Nurture relationships

Focus on your health

Self-care/down-time

Reconsider work that makes you yearn for balance

Find something you love outside of work to engage in

Practice mindfulness

Practice time management

Turning down over-time

Schedule both work and play

Prioritize play

Be flexible in our schedule

Reflect on your finances

Plan ahead

Scheduling things to look forward to

Allow for free time

Nurture relationships

Positive relationships and social support help build resilience and lead to more adaptive ways to cope with stress.

Strong relationships take time to nurture and develop.

Set boundaries

Make time for loved ones

Pursue new relationships

find something you love outside of work to engage in

New hobby, interests, passion, re-spark an old hobby or interest

Join a friend in their hobby or interest

Try something new - join a club, class, league

"Never get so busy making a living that you forget to make a life."

– Dolly Parton

Contact Us:

Interested in 1:1 counselling? Self-refer at

https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program

To connect with group facilitators email frontlinewellness@waypointcentre.ca

Resources: