# Work-Life Balance

*Poor work-life balance can cause or add to fatigue, poor health, and lost time with friends and family*

There is no simple formula everyone can follow to balance their lives positively, but there are strategies that can help:

- Give yourself enough time to get things done, and don't overschedule yourself.

- Evaluate your priorities at work and at home and try to shorten your to-do list; if possible, try to remove activities you don't enjoy or can't handle, or share your concerns and possible solutions with your employer or others.

- Take breaks, even short ones can help divide the work day and give you some time to recharge.

- Regularly set aside time outside of work for your hobbies and activities you enjoy.

- Develop a support system at work and at home.

- Try to get 7-9 hours of sleep every night.

**Walmsley EFAP**

**We can help.**

*If your life feels too chaotic to manage and it feels like a significant source of stress, talk to a mental health provider or access EFAP services through Walmsley.*

*"Safety is a core value and business priority"*

**West Fraser**