

## Health Promotion Series-Stress Management

Vol. 2

### Finding Balance

This week our coping technique for managing stress is **Finding Balance**. It is important to have a sense of balance between work and play. It's not healthy for a person to spend the majority of the week working with no/little



time for self or family. In contrast, it is also unhealthy to spend more time on self/play than ensuring your work/job doesn't suffer. Finding the balance between work, self and others can be difficult when one or more of these things seem to take more time than the others. Try to remember when you're at work, be at work. When you are at home, be at home - be present where you are. Remember it's okay to say No, and that NO is a complete answer. Don't over schedule yourself to tasks that will leave you feeling as though you have no time for yourself or family.

For more information about finding balance or techniques to improve balance with work and family, visit this website:

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/work-life-balance/art-20048134>

