



## Work – Life Balance

Welcome to the middle of the week and Wellbeing focus!

Today I am sharing an article from Mental Health Foundation on the importance of managing a good work-life balance and the role this has in supporting your mental health and wellbeing.

I hope you will have a read and reflect on some of the ways listed, to ensure your work-life balance can be actively managed and also enjoyed.

As the quote below highlights...

"We need to do a better job of putting ourselves higher on our own 'to-do' list." —Michelle Obama, former First Lady

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/work-life-balance>

Look after you! ☐ ♥ 🌿

#wellbeingweds #mentalhealthmatters #workload #balance #stresssupport #boundaries #makeyouapriority #yourneedsmatter

**When you're trying to find enough time to go to the gym, go to work, have social life and get enough sleep**



### Why work-life balance matters



- People with good work-life balance are more productive
- Can prevent burnout
- Less chance of experiencing stress-related health problems
- Employees with good work-life balance are more engaged

LOCALIQ

