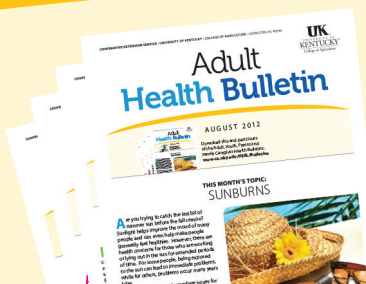


# Adult Health Bulletin



MARCH 2013

Download this and past issues  
of the Adult, Youth, Parent and  
Family Caregiver Health Bulletins:  
[www.ca.uky.edu/HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)

## THIS MONTH'S TOPIC: FINDING WORK LIFE BALANCE

**D**o you ever feel pressure to continue working when you get home, even after you have had a full day's worth of work? What defines a full day's work may be different from one person to another. However, knowing when you should stop work for the day and being able to put work away is an important part of mental health. Work life balance is defined as prioritizing between work and "lifestyle" — health, family, leisure time and spiritual time.

Here are a few ways you can create or enhance your work life balance:

### **Set aside time to relax and not do work — schedule it if you need too!**

It is important to spend time with your family and friends. The time you spend with them can help you recharge. You may need

Continued on the back ➔



# ***It is important to spend time with your family and friends. The time you spend with them can help you recharge.***

## **Continued from page 1**

to write it on your calendar. If the time is on your calendar, you will be less likely to cancel it.

### **Stop activities that take too much time or you do not enjoy.**

Many people find that they spend much of their time doing activities they do not enjoy. Try to evaluate what you do for one week. There may be some activities you do that you do not particularly enjoy. If this is the case, can you find another way to get them done? You may want to consider trading chores with friends or neighbors. You could trade services so that all the work gets done, but you are doing tasks that you do not mind so much.

### **Get moving! You will feel better.**

When a person has a packed calendar and schedule, it is not easy to stay physically active. While making time for exercise may be difficult, it may ultimately help you get more done. Staying active has proven to boost your energy and to help you concentrate better. If you have not been active, start slow with just 10 minutes or so and add a few more minutes each week.

### **Remember that a little relaxation goes a long way.**

If you look at your week and see that you do not have much leisure time, you may want to start working towards a little more balance. Do not think you need to make a lot of changes all at once. Start by setting small goals such as taking 10-15 minutes a day to do something you really enjoy.

It is sometimes easy to keep working when we get home, especially with technology allowing many of us to stay connected all the time. However, it is important to take a little break each day.

#### **SOURCE:**

WebMD. (2010) 5 Tips for Better Work-Life Balance. Accessed at : <http://www.webmd.com/balance/guide/5-strategies-for-life-balance>



Adult  
**Health Bulletin**

**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

