

The Work-Life Balance Quiz: It's a Matter of Time

Do you find it difficult to balance the different roles in your life? If so, you're not alone - 58% of Canadians report "overload" as a result of the pressures associated with work, home and family, friends, physical health, volunteer and community service.

Take this quiz to see if you're in balance.	Agree	Disagree
1. I feel like I have little or no control over my work life.		
2. I regularly enjoy hobbies or interests outside of work.		
3. I often feel guilty because I can't make time for everything I want to.		
4. I frequently feel anxious or upset because of what is happening at work.		
5. I usually have enough time to spend with my loved ones.		
6. When I'm at home, I feel relaxed and comfortable.		
7. I have time to do something just for me every week.		
8. On most days, I feel overwhelmed and over-committed.		
9. I rarely lose my temper at work.		
10. I never use all my allotted vacation days.		
Total		

What Your Score Means

- 0-3: Your life is out of balance
- 4-6: You're keeping things under control – but only barely
- 7-10: You're on the right track!

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Workplace Mental Health and Wellness

If you are feeling burnt out or are suffering from vicarious trauma, it is time to talk to your supervisor and create a plan of action. Talking to a supervisor or co-worker can help individuals with decreasing workload to accommodate stress reduction, or to help create a more flexible schedule to fit your needs.

Don't be afraid to ask for help.



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WORK-LIFE BALANCE

Do you find yourself skipping your lunch breaks? Taking your work home with you? Answering work e-mail and completing work tasks after work hours? You may need to look at your work-life balance before it's too late.



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Simple Steps to a healthy work-life balance:

1. Only work 40 hours per week.
2. Avoid bringing your work home with you.
3. Get 7-8 hours of sleep each night.
4. Exercise for 30-60 minutes, 3-5 days a week.
5. Don't skip breakfast (or your lunch break).
6. Prepare healthy meals for the week.
7. Make time for family and friendships.
8. Get a physical exam each year.
9. Learn to say 'No' to additional tasks if you feel overwhelmed.

Mental Health Continuum Model

The diagram below describes the range of mental health (healthy, reacting, injured, and ill) and the descriptions of each section. As you can see, healthy behaviours include normal sleep patterns, physically well and full of energy, consistent work performance, and socially active whereas an ill behaviour includes excessive anxiety and depressed mood, unable to fall/stay asleep, exhaustion, and absenteeism.

