

Work Healthy. Live Healthy.

3 Tips to Create Work-Life Balance



Too much stress can take a toll on your body and your mind. It affects your immune system and even increases risk of anxiety, depression or a heart attack. That's why it's important to find a work-life balance, especially in today's connected society where we're often just a text, email or phone call away from our work.

Here are 3 simple tips to reduce stress and help find a better balance while maintaining good health:



Tip #1: Take a walk

Exercise is a great stress relief, so take a 15-minute break from your work to get up and move around. A short walk outside allows you to enjoy the fresh air and soak in sunlight to boost vitamin D levels. If you have more time, try cycling or dancing.



Tip #2: Create a technology-free zone

Make a goal with your family to enjoy your evening meal without cell phones and tablets. Unplugging from emails and social media allows you to reconnect with your loved ones and recharge yourself, but creating boundaries takes a conscious decision.



Tip #3: Get your Zzzs

Sleep allows you to feel energized and restored for the next day. Set a bedtime for yourself and stick to it. Create a routine to help you wind down, whether it's a lavender-scented bubble bath or reading a book. Keep your room dark and avoid screen time right before bed.



Pack a Powerful Lunch

Packing lunches isn't just for the littles! Bringing your lunch to work is a great way to save money and calories. Click this [link](#) or visit www.cdc.gov/bam/nutrition/power-packing.html and follow these simple tips from the Centers for Disease Control and Prevention on power packing.

Need a Physician?

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