

Work healthy.  
Live healthy.



Too much stress can be detrimental to your body and your mind. Stress affects your immune system and increases risk of anxiety, depression or even a heart attack. It's important to find a work-life balance, especially in today's connected society where we're simply an email, text or phone call away from our work.

## How to create work-life balance.

More than 18 percent of adults in the U.S. have an anxiety disorder. Here are three tips to reduce stress and maintain good health.



### Tip #1: Take a break

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, consider biking or dancing to some tunes.



### Tip #2: Create a technology-free zone

Make a conscious decision and set boundaries at home 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.



### Tip #3: Get your ZZZs

Sleep makes you 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 reading a book or taking a lavender-scented bubble bath. Keep your room dark and avoid screen time right before bed.

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