

# WORK-LIFE BALANCE

## Are You in Balance?

Work overload has been linked to increased visits to physicians, mental health professionals, and hospital emergency rooms. Living a balanced life can reduce these risks.

Are You in Balance?

A moderate amount of stress can actually increase our productivity. But how do you know if what you're experiencing is just the 'daily grind' or a total lack of work-life balance that's harmful to your health?

Here are some signs:

- You feel like you've lost control of your life
- You often feel guilty about neglecting your different roles
- You frequently find it difficult to concentrate on the task at hand
- You're always tired

Take control – there are ways to help bring yourself into balance! Visit the [Canadian Mental Health Association](#) for more information OR Call Mental Health and Addiction Services at 306-691-6464 to inquire about ongoing 'Coping Skills for Stress Management' Workshops