Balancing Life

WORK-LIFE BALANCE

Work-life balance refers to the juggle between the demands of work and your home and family life. When you're out of balance, you might find that you are rushing to manage different commitments, often left feeling like you are doing no areas well.

If you work long hours, it can be more difficult to achieve a healthy balance between work and your personal life. Working long hours may impact your health, make your work unsafe, increase your stress levels and cut into time for leisure activities.

A good work-life balance means you have harmony (most of the time) between the different aspects of your life. Outside of work you will have time to spend on other things, such as caring for yourself and your family, and leisure activities. If you can spend time on personal care, socialising, hobbies and relaxation, this can support your overall wellbeing.

It's important to prioritise wellbeing, which is often seen as being of less importance than paid work or chores.

TIPS FOR A HEALTHY LIFE BALANCE

1. **Know your values**
2. **Practise time management**
3. **Set boundaries**
4. **Enjoy your work**
5. **Set a 'hobby hour' or 'do different day'**
6. **Nurture relationships**
7. **Focus on your health**
8. **Have down time**
9. **Disconnect from technology before bed**
10. **Practise deep breathing**

If you are feeling stressed and overwhelmed at work or at home, acknowledge that this is not a sign of weakness and ask for help and support.

GETTING SUPPORT

Check out the **Rural Aid Mental Health & Wellbeing** website for tips on how to look after your mental health. If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, elder, counsellor or health service. You can get in contact with **Rural Aid's Mental Health & Wellbeing** team by calling **1300 327 624** or emailing **mhwb@ruralaid.org.au**

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately or call **000** or speak to someone at **Lifeline (13 11 14)**.