

WORK-LIFE BALANCE



Work-life balance means making time for all parts of ,your life: Home and family ,Health and well-being Community or social life, Job or career. It should feel .useful and work well for you

1

**Time
Management**

2

**Share
housework and
family tasks**

3

**Make time to
rest and relax**

4

**Set clear
limits**

5

**Think about what
works, make
small changes,
and try again**

Challenges

- The pandemic and working from home made it harder to separate work and private life
- Some people have more work and worry about losing their job

