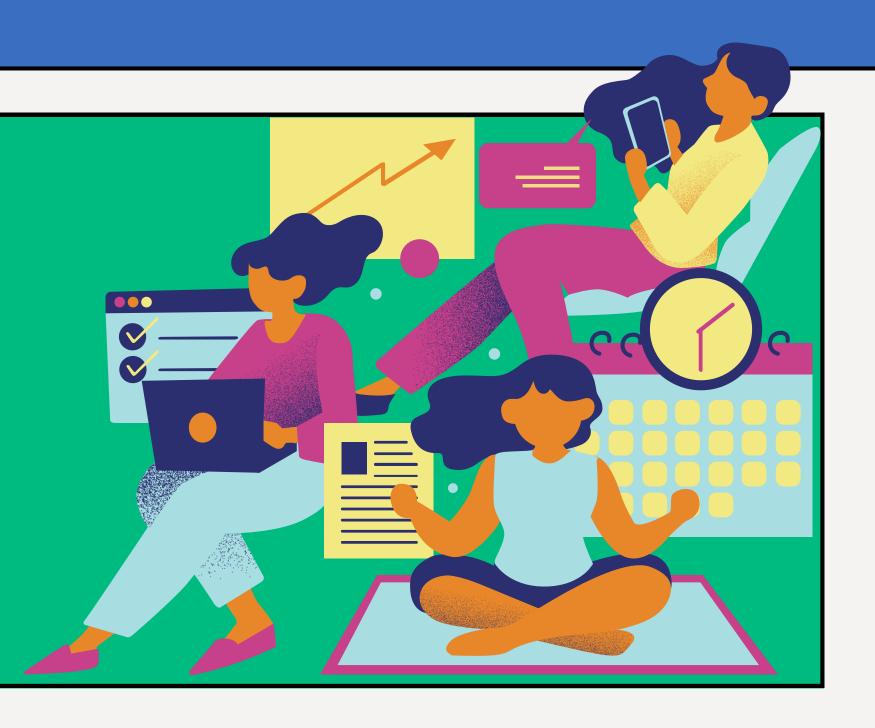


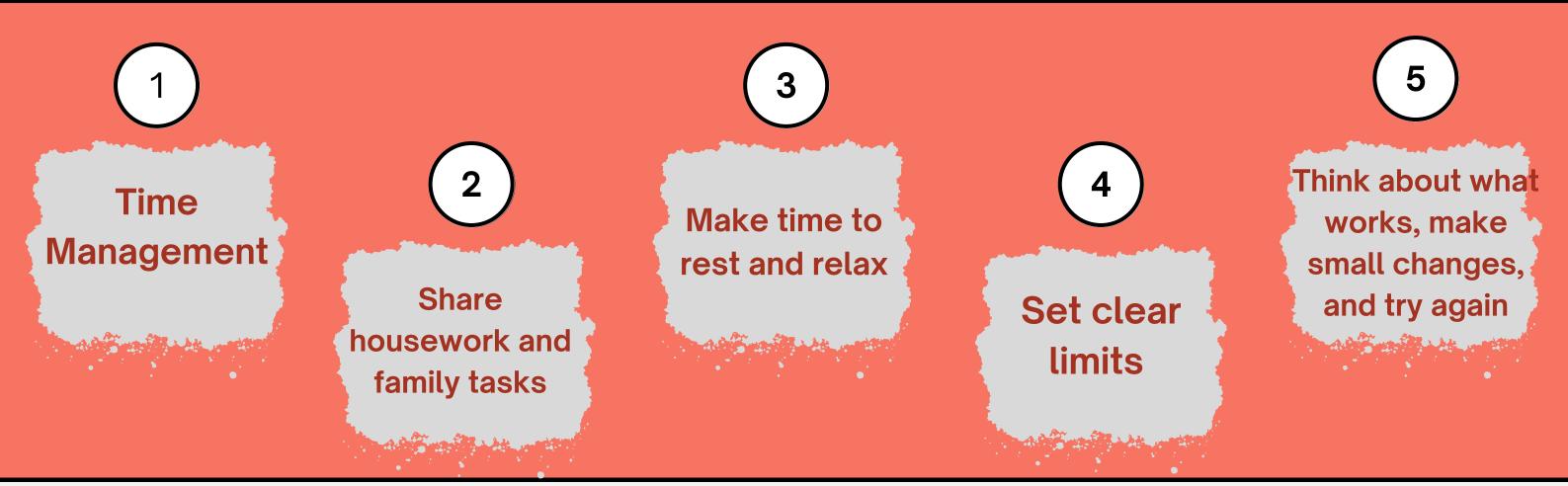




WORK-LIFE BALANCE



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



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

