

## **Enjoy a Full & Balanced Life!**

Friends. Family. Co-workers. Social events. Professional organizations. The list of demands on our time can seem endless. Many of us today are struggling to balance full-time jobs with full-time responsibilities at home. Meeting the demands of an increasingly complex world means developing strategies for maintaining balance in our lives.

### **Is Your Life Out of Balance?**

If your life is out of balance, you may find yourself having a hard time concentrating or feeling less creative than you could be. You may feel overwhelmed and experience a range of emotions including anger, sadness, guilt, fear, frustration, resentment, hurt and loneliness.

In addition, you may find yourself feeling powerless, and suffer from low self-esteem or self-confidence.

### **What is a Good Balance for You?**

Achieving balance means that you are dedicating the most time and energy possible to the aspects of your life that are important to you. There is no set formula for living a balanced life. For example, some people find a 60-hour work week fulfilling, while others want to spend less time at work and more time with family or friends.

### **Now That's an Idea!**

Your priorities may vary based on what phase of life you're in. It's important to stand back and assess your situation before determining whether you need or even want to change the balance in your life.

Start by asking yourself these questions:

- Is my life right now the way I want it to be?
- If not, what is wrong with it?
- Is my current situation temporary?
- What can I change to make my life more fulfilling and enjoyable?
- Are the rewards of making these changes worth the sacrifices?

The most important thing to do is realize when your priorities have shifted too far in one direction or another, and then to do something about it.

### **Go Online or Call Today!**

Log on to [www.FOH4YOU.com](http://www.FOH4YOU.com) to access *Work-Life Balance* to learn more about balancing your home and work responsibilities—how to tell if you're striking a good balance, the consequences of an out-of-balance lifestyle and practical tips for getting the most out of time spent at work and at home. You can also call **1-800-222-0364** or 888-262-7848 TTY users for confidential help and support.

Additionally, if your agency participates in FOH's Work-Life Program, call **1-800-222-0364** or 888-262-7848 TTY to learn more.