

# HEALTHY MINDS

## Balance



It is important that we recognize that a balance is needed between the demands of work, family and personal life.

When workplaces value a healthy balance, employees have higher morale, less stress, and greater engagement in their work.

### What can I do as an employee?

- Define what a “healthy” balance means to you - it is different for everyone
- Discuss with your family about current demands at work - are there things that family members could do to help out at home?
- Discuss with your supervisor about current demands at home
- Don't forget the importance of sleep, nutrition, exercise

***Every role has its own demands that require our energy and attention.***

# HEALTHY MINDS

## Balance

### What can I do as a manager?

- Ensure that employees are taking their breaks and vacation days**
- Provide resources and supports for employees**
- Can you provide your employees with flexibility to improve their work-life balance?**
- Be empathetic - recognize that everyone has a unique set of obligations and responsibilities outside work**

### Wellness Resources

#### **Employee (and Family) Assistance Program**

1-844-880-9142

<https://www.lifeworks.com>

#### **Western Rehabilitation Services**

Support Services Building RM 4159

#### **Crisis Line (Reach Out)**

Web Chat: <http://reachout247.ca>

(519) 433-2023 or 1-866-933-2023

#### **Canadian Mental Health Association**

<https://www.cmha.ca>

*For more information, visit:*

[www.uwo.ca/hr/safety/wellness/healthy\\_minds/index.html](http://www.uwo.ca/hr/safety/wellness/healthy_minds/index.html)



Western



MHCC | CSMC