

# Finding Work-Life Balance

With Support from  
National EAP

## WHY IT MATTERS

Work-life balance isn't about perfection—it's about intention. Achieving it can:

- Reduce stress & burnout
- Boost focus, morale & job satisfaction
- Improve your wellbeing & relationships
- Foster creativity, energy & engagement

## RECOGNIZE WHEN YOU'RE OUT OF BALANCE:

- Feeling overwhelmed or constantly stressed
- Changes in sleep, mood, or focus
- Neglecting hobbies or self-care
- Relying on unhealthy coping habits
- Feedback from coworkers or loved ones

## TOP STRATEGIES FOR REAL-LIFE BALANCE:

**Manage Your Energy** – Schedule tough tasks when you're at your best

**Use Tools Wisely** – Task managers like Microsoft To-Do help streamline your day

**Group Similar Tasks** – Reduce switching stress

**Shift Your Mindset** – Let go of what you can't control, and give yourself grace

**Take Micro-Breaks** – Even a few deep breaths or a short walk makes a difference

## NATIONAL EAP RESOURCES TO HELP ACHIEVE WORK-LIFE BALANCE:

**On-Demand THRIVE webinars:** Explore our growing library of THRIVE webinars—covering topics from stress management to setting boundaries, all designed to help you create more balance in your daily life.

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or [CLICK HERE](#)



**Wysa:** As National EAP's new wellness platform, Wysa is your personal resilience app—designed to support your mental well-being, manage stress, and help you build healthy habits that promote lasting work-life balance.

To Download  
the app, **scan  
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