

# Finding Work-Life Balance

## With Support from National EAP

**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

### NEAP Resources Available

#### 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.



#### Wysa - NEAP's 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.



#### Learn About Wysa



### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

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