

# BALANCING WORK & LIFE



Despite the ongoing quest for work-life balance, many of us struggle to understand what this concept actually means. The truth is, we could all use a little help defining what balance looks and feels like in our lives.

Take this quiz to get started and help identify how well you are balancing work and life. Answer yes or no to each of the following questions. If you answered “No” to more than three of these questions, then this quiz has identified areas where you can improve.

## Home life

- Does your family feel that you spend enough time with them?
- Are family meetings (to discuss errands, chores, problems, etc.) a routine in your household?
- Do you connect with family members about household responsibilities in a constructive way?
- Do you prepare for meals, trips and other family occasions ahead of time?
- Do you take time off for you (for instance, taking a vacation within the past year)?

## Work life

- Have you considered long-term career goals or where you want your career to take you?
- Can you adequately handle your assigned work duties?
- Can you complete your job during the hours you spend at your job?
- Are you and your family comfortably supported by the amount of money you make?

If you'd like to learn more about balancing work and life – lean on your Employee Assistance Program (EAP). The EAP offers free, confidential services like counseling, legal and financial resources, local referrals, life coaching, online toolkits and more.

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**Get started with your EAP by joining this month's free webinars:**

**Tuning out Technology**  
**Mindfulness for Managers**

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