

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **WORK – LIFE BALANCE**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health “Care Bravely” Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

Today's topic is Work-Life Balance! While our way of life has most definitely changed and our routines and schedules have been interrupted, we still only have 24 hours in a day. Managing our time and activities is still important to achieving work and life balance. If you are working at the hospital or in the office you may be struggling with taking breaks as things are heightened right now. If working from home, you may be struggling with setting work boundaries and find yourself working at any and all hours. If you are furloughed and not working, you may be struggling with open time and have a need for structure. Whichever case describes you most, here are some helpful tips for striking some balance. Check out these links!



[LBH Leadership Institute Time Management Resources](#)

[Avoiding Burnout during the Pandemic](#)



[Work - Life Integration](#)

[Working Remotely - Setting Boundaries](#)



[12 Tips to Improve the Quality of Your Free Time](#)

