

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

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



Today's topic is Work-Life Balance! Managing our time and activities is 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. If working from home, you may be struggling with setting work boundaries and find yourself working at any and all hours. 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](#)

