

WORK-LIFE BALANCE

Many of us are juggling heavy workloads, family and relationship responsibilities, and trying to make time for outside interests. Good work-life balance means that not one specific area of your life is taking control of the rest of your life. You may need to assess your work-life balance and seek help if:

- You're experiencing difficulties in your relationships, or you feel lonely.
- You've become negative, cynical, irritable, resentful, or you no longer care about your job.
- You're emotionally, physically, or mentally exhausted.
- You're feeling pulling in many different directions.



Use the resources you have! Talk to a friend, family member, or colleague, or use **Sprouts EAP** for free and confidential support.

CONSIDER THE FOLLOWING TO HELP

Everyone is different, so what can feel balanced to one person can feel different to another. Focus on your own responsibilities, roles, and goals.

AT WORK



- **Set manageable goals each day.** Research shows the more control we have over our work, the less stressed we get. Be realistic with workloads and deadlines, and ask for help when needed.
- **Be efficient with your time.** Don't procrastinate or your tasks can seem even larger. Break a big task into smaller tasks.



- **Communicate effectively.** Talk with your colleagues or boss honestly when things become stressful. Come up with some practical solutions and compromise when you can.
- **Give yourself a break.** Allow yourself to do the best you can.

AT HOME



- **Unplug.** You can make yourself available to work after hours if needed, but recognize the need for personal time, too.
- **Don't over commit.** Don't overschedule your activities and learn to say, "no." You don't need to be a superman/superwoman.



- **Stay active and treat your body right.** Exercise can reduce stress, depression, and anxiety. It will also help boost your immune system to keep you healthy. Eat right and get adequate sleep, too.
- **Get help if you need it.** If you're constantly feeling overwhelmed, seek professional help. It's not a sign of weakness. Taking care of yourself is a sign of strength!

Find out more about Sprouts EAP:

- Visit MagellanAscend.com and click "Find My Company/Log In"
- Search for Sprouts Farmers Market
- Call 1-800-327-0638



If you are in immediate distress or thinking of hurting yourself or others, call or text the 988 Suicide & Crisis Line at 988 or 988lifeline.org.