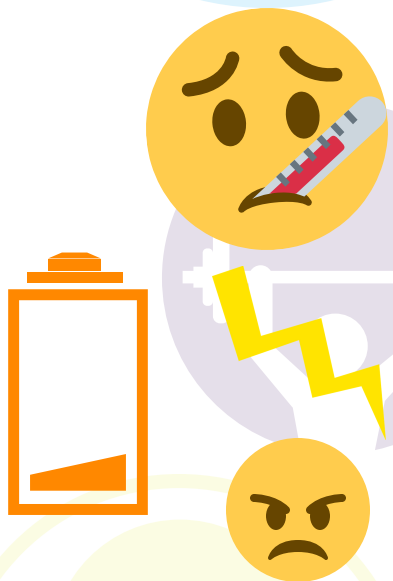




# Creating Balance

## WHEN WORK & LIFE ARE IMBALANCED, YOU MAY EXPERIENCE:



- Poor quality sleep
- Increased stress
- Inability to focus
- Less energy
- Sickness

"It takes courage to say yes to **rest & play** in a culture where exhaustion is seen as a status symbol."

- Brené Brown

## The Wellness Wheel



## TIPS TO ACHIEVE HARMONY

- **Let go of perfectionism:** you'll feel less pressure & have more time to do all the things.
- **Unplug & focus** on what's in front of you, whether it's school work or a friend.
- **Exercise in a way that you enjoy:** frisbee, hiking, playing a sport, dancing.
- **Practice mindfulness.** It's proven to decrease stress & anxiety.
- **Limit time-wasting activities and people.**
- **Change up your routine.** Maybe one of your habits isn't setting you up for success.
- **Start small & build from there.** You don't have to change everything at once!

## THINGS TO TRY

- Download the **Headspace app** to practice Mindfulness.
- Commit to just **1 more positive thing** (1 more hour of studying, 1 more fruit a day, 1 more day at the gym).
- Commit to **1 less negative thing** (1 less all-nighter, 1 less shopping spree, 1 less piece of junk food).
- Set aside **2 minutes** in your day for quiet time.

Find an accountability buddy to help you prioritize wellness!

Source: 6 Tips For Better Work-Life Balance, Forbes, Deborah Jian Lee