

Wellbeing Wednesday

ISSUE 22: Work life Balance

A good work-life balance

A healthy work-life balance will mean different things to us all. It's not so much about splitting your time 50/50 between work and leisure but making sure you feel fulfilled and content in both areas of your life. A healthy balance could be:

- meeting your deadlines at work while still having time for friends and hobbies
- having enough time to sleep properly and eat well
- not worrying about work when you're at home.

7 Reasons why maintaining a good work life balance is important

- To maintain your mental health
- It increases productivity and engagement at work
- Minimises work related stress
- Helps you become a well rounded individual
- Improves your physical health
- Helps you focus on success
- Helps you to be more present in the moment



We are asking all staff to put the following tagline on their email signature

THINK WELLBEING: Work-life balance is important. Emailing now suits my flexible working hours, but you don't have to reply if it doesn't suit yours.