

# All things equal...

## Creating work-life balance adds up to better health

The boundaries between work and personal life are no longer as clear as they used to be. In fact, work life may be spilling over into your personal life, blurring the line between your work and your family. Why is this happening more today? Several factors are contributing:

- Globalization of business with work continuing 24 hours a day for some employees who are called upon for troubleshooting or consulting
- Improvements in communication technology enabling people to work from virtually anywhere
- Longer hours required to move up the career ladder or, for some workers, mandatory overtime
- Changes in family roles with today's married worker typically part of a dual-career couple

Despite today's challenges to juggle the demands of career and personal life, you can find the balance that's best for you and your unique situation.

## Do something for yourself

Cut out and carry this wallet-sized card and use it as quick reference to help balance your work-life priorities. Creating work-life balance can improve your outlook and help you enjoy a more rewarding life.



### Work-Life Balance Goals

Setting goals is an important way to achieve balance in your work and personal life. Take these steps to help get your work-life balance on track:

- Make time for important relationships
- Ask for help when you need support from others
- Find ways to relieve stress, like physical activity and relaxation techniques
- Be open-minded to try something new, such as a hobby or activity
- Talk to your family doctor who can provide resources and advice if you need it



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# Check your balance

What you  
can do:



Health is a state of both your mind and your body. Strive to make thoughtful, healthy choices and strike a balance between work and home—it's one of the most important investments you will make in your life.

## Stress less

We all feel stress at times. How you react to stress will determine its effect on you. Take steps to prevent stress when you can and manage it when you can't. Practicing time management and relaxation techniques are some positive steps you can take in handling stress.

## Lead to succeed

Parents can set a good example by being active, eating healthy and living a balanced lifestyle. If you are a parent, commit to making healthy choices and involve your kids. Ask them what your family can do to make healthy changes in your lives.

## Play every day

Everyone needs time to play—and that means grownups, too. Carve out some time for individual and family fun each day. Limit screen time (TV, computer and video games) and suggest other options like reading, board games and outside activities.

## Make a clean break

A clean home is nice, but an unmade bed won't alter the course of your life. Give yourself a break by doing what needs to be done and let the rest go. If you can afford it, pay someone else to clean your house.

## Nourish to flourish

People sometimes turn to popular diets to achieve quick weight loss. For lasting changes and healthy eating, balance what you eat to meet your need for nutrition and enjoyment. Enjoy a variety of foods while keeping key food groups in mind and use moderation when choosing less nutritious foods.

*Sources: American Academy of Family Physicians and Mayo Foundation for Medical Education and Research*



### Resources for a Balanced Life

Balance is all about the choices you make. Choose Blue Access® for Members at [www.bcbsil.com](http://www.bcbsil.com) and discover all the resources available to you:

- Health Management Programs
- Healthy Living Centers
- Workplace Stress Self Assessment
- Ask a Specialist for health-related questions
- Quizzes to test your health knowledge
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