

Are You in Balance?

The Work-Life Balance Quiz

It's a Matter of Time

Learn more about how to get and keep good work/life balance.

Top 3 Tips for Staying in Balance

- * Schedule brief breaks for yourself throughout the day
- * Turn off your cell phone and leave your laptop at work.
- * Create and implement a household budget.

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CAMPAIGN TO PROMOTE MENTAL HEALTH
AND WORK-LIFE BALANCE.

Take this quiz to see if
you're in balance.

Do you find it difficult to balance the different roles in your life? If so, you're not alone – 58% of Canadians report “overload” as a result of the pressures associated with work, home and family, friends, physical health, volunteer and community service.

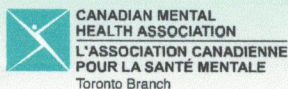
	AGREE	DISAGREE
1. I feel like I have little or no control over my work life	0	1
2. I regularly enjoy hobbies or interests outside of work	1	0
3. I often feel guilty because I can't make time for everything I want to	0	1
4. I frequently feel anxious or upset because of what is happening at work	0	1
5. I usually have enough time to spend with my loved ones	1	0
6. When I'm at home, I feel relaxed and comfortable	1	0
7. I have time to do something just for me every week	1	0
8. On most days, I feel overwhelmed and over-committed	0	1
9. I rarely lose my temper at work	1	0
10. I never use all my allotted vacation days	0	1
Total	<input type="text"/>	<input type="text"/>

What Your Score Means

- 0 - 3:** **Your life is out of balance** - you need to make significant changes to find your equilibrium. But you can take control!
- 4 - 6:** **You're keeping things under control – but only barely.** Now is the time to take action before you're knocked off balance.
- 7 - 10:** **You're on the right track!** You've been able to achieve work/life balance – now, make sure you protect it.

DISCLAIMER This information provides general information only and may or may not reflect the position of the Canadian Mental Health Association (CMHA). It is not a scientific test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health care professional.

Mental Health Matters



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