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Living a Balanced Life

Many of us know how an unhealthy work-life balance can lead to unhappiness and burnout. We all live hurried lives but maintaining a healthy balance can help us to be more productive and have higher satisfaction and joy in our lives. Here are some easy ideas to take time each day to live a more balanced life.



Physical Health

Physical exercise is always worth the time because it helps relieve stress and helps your mind process information more effectively. Keeping your body in shape will also extend your life and the time you have to pursue your goals. Consider biking to work or walking at lunch time. This way you ensure that you get a workout each day that doesn't take extra time out of your busy schedule. Also, be sure you get enough sleep. If you are sleep deprived, you probably aren't working to your capacity. Finally, pack a lunch. You will be amazed at how much money you can save and how much healthier you will eat if you regularly bring a lunch to work.

Intellectual Stimulation

You are probably already doing a lot to work your mind. However, don't limit yourself to just one area of focus or even your particular occupation. You'll be a much more interesting conversation partner and will keep your mind sharp with new ideas through audio books or podcasts on other subjects that interest you. You can keep up on current events, improve yourself and your perspective all while exercising, commuting, cleaning, or doing other mundane tasks that you need to complete anyway.

Self-Introspection

According to Socrates "The unexamined life is not worth living." Take some time each week for reflection and self-introspection. This could include journaling, going out in nature, meditating, praying or doing some other activity that will help you engage in self-introspection. Looking at the broader picture of your life will keep you motivated and result in huge dividends.

Social Interaction

We all need to recharge our batteries through regular interaction with people who care about us. You may consider joining a volunteer organization, or building your talents and gifts while interacting with others by joining a sports team, choir, or art classes. These types of opportunities can enrich you both personally and socially. Finally, remember that close friends and family members spell love, T-I-M-E. Just as a garden will wither and die without water and attention, your most important relationships will not last without your time and attention and that includes time with yourself.

Modified from: <https://www.psychologytoday.com/blog/publish-and-prosper/201312/five-ways-prevent-burnout-and-live-balanced-life>

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