

Work Life Balance

The video "Work Life Balance" discusses what it takes to plan for and maintain a healthy work life balance. Maintaining a good mix of work and life activities helps ensure you stay physically and mentally healthy.

Try This!

When planning for a healthy work life balance, first, you must identify the important parts of your life. You probably don't go to work at a job yet, instead your work is to do your best every day at school. Use the boxes below to write or draw about each of the different important parts of your life. Then answer the question that follows.

Work Life Balance

Work

Family/Friend Time

Hobbies

Relaxing

How can you make sure that you have enough time for all of these different parts of your life?