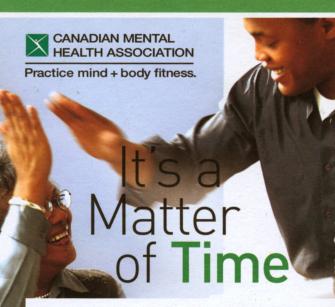
## Are You in Balance? The Work-Life Balance Quiz



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.

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

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### What Your Score

Means

0 to 3: Your life is out of balance

You need to make significant changes to find your equilibrium. But you can take control!

4 to 6: You're keeping things under control – but only barely.

Now is the time to take action before you're

knocked off balance.

7 to 10: You're on the right track!

You've been able to achieve work-life balance – now, make sure you protect it.

## Learn more about how to get and keep good work-life balance

by visiting **www.cmha.ca** and to take the complete Work-Life Balance Quiz

### 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.

#### Disclaimer:

This quiz provides general information only. It is not a diagnostic test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health professional.



Practice mind + body fitness.

Partner in mental health leadership:

