

SHINE BRIGHT WITHOUT BURNING OUT



Between the COVID-19 pandemic and the Great Resignation, one thing is clear: American attitudes on work, well-being and stress have changed. Getting stuck in a long-term cycle of stress from heavy workloads or parenting demands can wreak havoc on our minds and bodies. Luckily, there are solutions for a better work-life balance.

4 WAYS TO A BETTER WORK-LIFE BALANCE

- 1 Schedule flexibility.** From mid-morning doctor appointments to afternoon jogs, having the autonomy to decide when you work can free up time for better self-care. Things like flextime, a 4/10 schedule or job sharing could work for you.
- 2 Location flexibility.** Recent studies show that 80% of jobseekers want the option to live anywhere. And why not? Relocating without the stress of finding a new job can mean:
 - Being closer to family
 - Access to recreation, hobbies or better climate
 - Avoiding commute times
 - Enjoying a lower cost of living
- 3 Time for connecting.** Isolation has a huge detrimental effect on health. It's also been linked to higher levels of burnout. Remember the value of having a social support system at work. Even if you work remote, consider weekly coffee breaks with your team or even a quarterly retreat.
- 4 Define your own success.** In past decades, a great job title or high salary meant success. Finding your own drive will bring a sense of purpose and satisfaction to your work. It can be as simple as:
 - "I want to provide for my family,"
 - "I want to have autonomy at work," or
 - "I want to give back to my community"





EXPECTING THE UNEXPECTED

Experts are saying they expect more disruptions in the coming years. Beyond global pandemics, things like labor strikes and supply shortages are already impacting daily life. Resilience can be a vital tool for keeping balance.

HELP IS A CALL AWAY

Therapists can help with coping methods or guidance for navigating life challenges, burnout or any other stress factors. If you feel overwhelmed, your primary care provider can recommend where to start. It's especially important to reach out if you have feelings of hopelessness or thoughts of harming yourself or others.

Sources: The Guardian, Qualtrics XM, Benefits Pro, Psychology Today, USA Today, Forbes, Harvard Business Review



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
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