

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
HEALTHIER TN

A TIP FOR TENNESSEANS

July 11, 2017

BEAT BURNOUT FOR BETTER WORK-LIFE BALANCE

Long hours, tough deadlines and work stress can be hard-hitting to your health. When your job begins to impact your health and happiness, it may be a warning that your work-life balance needs attention.

Why It Matters

People with work-life stress are more likely to:

- Eat unhealthy foods
- Get less sleep
- Use tobacco or alcohol
- Not go to the doctor
- Perform worse at work
- Get sick

Five Ways to Restore Your Balance

1. **Build in daily breaks.** Find time to de-stress. Try deep breathing or take a walk.
2. **Limit screen time.** Be present with those around you.
3. **Use your time off.** On average, workers leave four vacation days unused. Take yours—you earned it.
4. **Schedule time for you.** Put time on the calendar for you and your loved ones. Try a weekly date night or regular social gathering.
5. **Do what you love.** Find something to look forward to outside of work—a baking class, time at the gym, dancing.



Interested in more resources for avoiding job burn out?

The Here4TN Monthly newsletter can help.

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Call Here4TN for More than 100 Ways to Help You Manage Your Life.

Work, friends, family — managing life takes a lot of time and can sometimes bring overwhelming stress.

Let us do your legwork.

Here4TN can provide information and referrals for many of your personal needs. **Call 855-Here4TN (855-437-3486)**. We'll do the research and provide you with a list of options in your area, or wherever you need them.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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