

FAMILY WELLNESS

A key to Family Wellness is balancing work, life, and family life. This balance is a common challenge and the stress it creates can negatively impact your physical health, emotional well-being, and work productivity.



Here are some strategies and techniques you can use to help feel more balanced:

- **Prioritize:** You only have enough time in your day to do the important things. Balance usually requires making decisions, planning, setting timelines, and getting support.
- **Set reasonable expectations for yourself:** Perfectionistic or unrealistic expectations can only contribute to feeling overwhelmed.
- **Disconnect:** Make a choice to fully engage with your family and spend time away from electronics including phone, internet, and television.
- **Ask for Help/Seek support:** Use your support system or the EAP to manage all of your responsibilities.
- **Schedule a date with yourself:** Give yourself permission to do something you enjoy, allowing yourself time to relax.

In addition to the tips above, access your work/life balance tools from your EAP:

- Free financial coaching and legal advice
- Resource Retrieval Services
- Face to Face counseling

How to Access Your EAP:

800-433-2320 • info@cascadecenters.com • www.cascadecenters.com



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