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Five Ways to Achieve a Better Work-Life Balance, Build Resiliency

It is important to be aware of how your current state of wellbeing is affecting your work/life balance. Are you feeling overwhelmed with responsibility at work or at home? Are you feeling easily angered, frustrated or impatient? Does life in general have you feeling stressed out, worn out or unmotivated?

With the holidays upon us, it is understandable to feel all of these things and more. Studies show that stressed out employees tend to make more mistakes, take more sick days and have lower productivity.

The good news is there are **FIVE** things you can start doing **TODAY** to improve your resiliency during times of stress:

Sleep

Did you know according to the [National Sleep Foundation](#), adults should be getting 7-9 hours of sleep per night? **Getting enough sleep is a biological necessity for physical and mental health.** If you are currently not getting enough sleep, commit to going to bed 15-30 minutes earlier each night. If you are someone who struggles with insomnia, check out these [tips](#) on how to beat it.

Exercise

We spend a majority of our day sitting in traffic commuting to and from work, sitting at a desk, and sitting at home watching TV. **Physical activity can boost energy, mood, cognition and performance.** Take action to change at least one thing in your daily routine! There are many small steps you can start today towards being more active. You can take the stairs at work, park farther away at the grocery store or simply stretch your body for 5-10 minutes before going to bed at night.

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Mental Recovery

Staying attentive and focused is critical to high performance. Cell phones, email, apps, and technology can be a constant mental distraction. Commit to take 10-15 minutes during your workday to allow your mind to regain focus and clarity. Simple, easy mindfulness exercises can be practiced anywhere and anytime! An example is to focus on your breathing, taking a deep breath and closing your eyes. Focus on your breath as it moves in and out of your body. **You can train your brain to be better focused, resulting in clearer thinking.**

Social Recovery

Connecting, caring, and sharing with others can lower stress levels and boost moods. Make lunch plans with a friend, compliment someone on a cute outfit, and talk to the person next to you in the elevator; if anything, say 'Have a good day!.' Make an effort to smile at someone each day. **Finding ways to encourage positive social interactions on the job and outside of work will go far to improving your overall wellbeing.**

Gratitude

Be intentional about having a positive attitude. Think of a mental checklist of all of the ways you are grateful today. Thank someone for the positivity they contribute to your life. **Incorporating gratitude in your daily routine can increase energy and creativity and enhance your mood.**

If you practice these **FIVE** things every day, you will build your resilience as an employee and a human being! Resiliency allows you to adapt to situations and crises, and builds positive beliefs in your abilities. Nurturing yourself through physical activity and mindfulness plays a large role in developing a strong network of support so that when stressful situations arise, you are able to handle anything that comes your way. ■