

# Struggling to Strike a Healthy Work-Life Balance?

Did you know the Everymind at Work app has lots of content to help you improve your work-life balance?



Here are just a few examples of what is available to you, when you need it most: **Sleep Stories**

- The Importance of Work-Life Balance
- How to Set Better Work-Life Boundaries
- 7 Days to a Better Work-Life Balance
- 15 Top Tips to Achieving Work-Life Balance
- Spotting the Signs of Unhealthy Work-Life Balance
- How Balanced Is Your Life?
- How to Prevent Burnout
- Identifying Your Personal Signs of Burnout
- How to Prioritise Using The Eisenhower Matrix
- How to Plan Your Time
- Knowing Where Your Time Goes

Search “Work-life Balance” in the Everymind app for all relevant content!

To download our app scan the QR code!

