



Wellness Tip of the Week

with the Area Agency on Aging District 7

Work/Life Balance

Work can affect home and home can affect work. Your work/life balance can change from day to day. Time management can help you find balance - the goal is to make time for home, time for work, and time for you. Start to notice how you are spending your time, keep a log, and break it down by hours. Look for patterns and notice if there are any changes you can make to create a better balance for you.