WORK-LIFE BALANCE & RESTORATIVE SLEEP

Practice self-compassion! Start with a few of these strategies and slowly build them into your schedule.

WORK-LIFE BALANCE

Finding the right fit between your goals and daily tasks is essential to achieving a healthy work-life balance and will contribute to feelings of happiness, productivity, satisfaction and will help you gain control in both your personal and professional lives.

RESTORATIVE SLEEP

Consistent, high-quality sleep improves virtually all aspects of our health including:
- Mood
- Productivity
- Energy Levels
- Brain Function
- Immune system

An immediate strategy to combat your daytime fatigue is to stand up, grab a drink of water and look out your window throughout the day!

SLEEP TIPS

- Green Exercise - Exercising outdoors can help reduce stress and mental fatigue as well as improve your sleep quality
- Nap earlier in the day if needed to avoid disrupting your nighttime sleep routine
- Separate your bedroom from work
- Create a sleep-conducive space (dark, quiet, comfortable, and cool)
- Avoid blue-light at night and overhead lighting - Increase natural light exposure during the day
- Think about what you eat and drink before bed
- Engage in relaxing activities before bed (Reading, bath, candles, deep breathing, rhythmic activities etc.)
- Create a sleep routine

If you are feeling overwhelmed it is important to...
- Set priorities
- Create boundaries between work and personal life
- Establish realistic and timely goals

If you are experiencing low mood or decreased productivity it is important to...
- Have a consistent morning routine
- Create a daily schedule and to-do-list to keep you accountable
- Incorporate activities that positively impact your work and personal life including finding ways to socialize

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