

Momentum

Finding balance

BROOKHAVEN
NATIONAL LABORATORY

Brookhaven Science Associates, LLC
Employee Assistance Program
1-800-327-2182



Tips for attaining balance

- ✓ Work-life balance is a daily pursuit. Some days, you may feel in control, while others are chaotic. Keep your expectations realistic.
- ✓ Take brief breaks throughout the day. Stand up, stretch, breathe deeply and shake off tension.
- ✓ If you feel out of balance, reevaluate your time. Ask for help at work and home. Preserve your hobbies and other stress-busting activities.
- ✓ To boost your resilience, get enough sleep, eat a balanced diet and get regular exercise.

Balance is key to a healthy life

Achieving work-life balance can sometimes seem like an impossible feat. Life is constantly changing, and the stress of long workday hours and commutes, plus responsibilities at home, can feel overwhelming. Taking a fresh look at the issue might give you ideas for making healthy changes.

- Take time to identify and list your priorities in life. If you're not engaging in the things you value most, resolve to make gradual changes.
- Drop activities that don't help your personal life or career. Don't hesitate to say "no" sometimes.
- Stick to the activities you've planned in your personal life as much as you do those at work.
- Fully unplug from work issues when you get home. Set your phone aside and be present with your loved ones.
- Solutions are close by; your program offers practical help with work-life balance challenges.



Webinar—Learn to bounce back better in life! On Wednesday, May, 8, join our webinar, *Resilience: Focusing on Recovery, Not Drama*. Register [here](#).

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HEALTHCARE®



Mind Your Mental Health

It's important to be aware of your own mental health and that of your household members. Good mental health supports your resilience, self-confidence, interpersonal relationships and professional successes.

- Maintaining mental health is vital to your overall quality of life, including your physical health. [In this fact sheet](#), learn the differences between mental health and mental illness.
- There are many misconceptions about those with mental health conditions. [Review these seven mental health myths and facts](#) for a better perspective on the prevalence, causes and treatments of mental illness.
- Just like adults, children can be impacted by—and successfully treated for—mental health disorders. [Check out these FAQs](#) on how to identify and cope with mental health challenges in children.

Working on Wellness

Nutritious eating keeps you on track! Habits such as rushing through meals and leaning on junk food don't support well-being and weight control.

- Choose foods low in saturated and trans fat, and low in cholesterol. Limit your intake of sugar, salt and alcohol.
- Get essential fiber from fruits, vegetables, whole grain products and nuts. Eat at least one fruit or vegetable with every meal, then increase that amount.

Daily Diligence

Making small, gradual changes to your daily habits can add up to better health for you.

- Have a mindful, phone-free meal at least four days per week.
- Be more active throughout your day. Use the stairs, not the elevator. Park further away from your office or building and the store. Schedule walking breaks.
- Gradually increase the good. Drink more water; add another set to your workouts.

Additional source: American Nurses Association.

*The need for
better balance*

66%

Sixty-six percent of full-time staff say they don't strongly believe they've achieved work-life balance.

Source: Family Living Today and Now Sourcing survey.