



Wellbeing tip

Walking the work-life balance tightrope

Whether you're working from home, have a hybrid schedule, or are in the office full-time, it's more difficult than ever to separate our professional and personal lives. But it's important to find work-life balance, even if you love what you do before stress wears you down.

Creating consistent space for these different areas of your life will help you maintain your emotional health when the unexpected arises. But balance isn't something you achieve and then move on to the next thing. It's an ongoing journey and you may need to reassess your situation as time goes on.

A few techniques to separate home life and work life:

- Set specific hours for your workday and stick to them. You might need to communicate these to your co-workers so they know what to expect.
- If you work from home, maintain a dedicated workspace. Create a space to focus on your professional responsibilities and use it regularly instead of working from your couch, bedroom, or back porch. Eventually, your mind will associate that space with work, rather than your whole home, and help you disconnect when you leave your home office space.
- Find time for yourself. What hobby or interest clears your head? It could be a creative project, an exercise routine, or relaxing with a favorite book. Just make sure you have time for the "unimportant" stuff because it's actually pretty important.



Portal tip

Browse hundreds of healthy recipes on your wellbeing platform

Healthy eating is often derailed by wilted lettuce, dry chicken and rice, or boredom from eating the same foods over and over again. It should go without saying, but we'll say it: you don't need to eat food that you don't like!

It's possible to find healthy foods that still get you excited. Browse the recipe database on your wellbeing platform for hundreds of good-tasting, good-for-you recipes:

- To get started, log in and select Resources then select Recipes along the top navigation bar.
- Browse the recipe database page by page, search for a recipe title or ingredient, or search by recipe difficulty or cook time.
- When you find a recipe you like, select + Add to favorites to save it to your profile or + Add to your meal planner if you use the meal planner tool.
- To search for grocery store discounts in your area, enter your zip code on the left of the screen. A pink dollar sign (\$) will be shown next to recipe ingredients that have current deals. Click on the dollar sign to pull up the details of the deal (brand or variety, sale price, and when the deal ends).