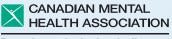
Are You in Balance? The Work-Life Balance Quiz



Practice mind + body fitness.

It's a Matter of Time

Do you find it difficult to balance the different roles in your life? If so, you're not alone – 58% of Canadians report "overload" as a result of the pressures associated with work, home and family, friends, physical health, volunteer and community service.

| Take this quiz to see if you're in balance. | Agree | Disagree |
|---|--------|----------|
| 1. I feel like I have little or no contro over my work life. | l 0 | 1 |
| 2. I regularly enjoy hobbies or interests outside of work. | 1 | 0 |
| 3. I often feel guilty because I can't make time for everything I want to | o. O | 1 |
| 4. I frequently feel anxious or upset because of what is happening at work. | 0 | 1 |
| 5. I usually have enough time to spend with my loved ones. | 1 | 0 |
| 6. When I'm at home, I feel relaxed and comfortable. | 1 | 0 |
| 7. I have time to do something just for me every week. | 1 | 0 |
| 8. On most days, I feel overwhelmed and over-committed. | k O | 1 |
| 9. I rarely lose my temper at work. | 1 | 0 |
| 10. I never use all my allotted vacation days. | 0 | 1 |
| ΤΟΤΑΙ | L | |

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What Your Score Means

- 0 to 3: Your life is out of balance You need to make significant changes to find your equilibrium. But you can take control!
- 4 to 6: You're keeping things under control – but only barely. Now is the time to take action before you're knocked off balance.
- 7 to 10: You're on the right track! You've been able to achieve work-life balance – now, make sure you protect it.

Learn more about how to get and keep good work-life balance

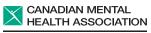
by visiting **www.cmha.ca** and to take the complete Work-Life Balance Quiz.

Top 3 Tips for Staying in Balance

- Schedule brief breaks for yourself throughout the day.
- Turn off your cell phone and leave your laptop at work.
- Create and implement a household budget.

Disclaimer:

This quiz provides general information only. It is not a diagnostic test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health professional.



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Partner in mental health leadership:



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