

Work-life balance and self-care

Instructions

Read the background out loud and use the guiding questions to facilitate a group discussion.

After this huddle

Staff should know how to:

- Develop and implement their self-care plan.

Background

If you find it challenging to balance the different elements of your life, you're not alone. The Canadian Mental Health Association reported that 58% of Canadians experience "overload" associated with the

obligations of their work, home, family, friends, physical health, and community.

Although a moderate level of stress can improve your efficiency and mental clarity, it is a fine line before it harms your health. You may have reached that point if you feel like you've lost control of your life, feel guilty about neglecting your different roles, frequently find it challenging to concentrate on the task at hand, or you're always tired.

Practicing self-care (regular activities that support one's mental, emotional, and physical well-being) is one way to support your work-life balance. These activities do not have to be grand gestures — they can be any short, easy act that makes a difference to you..



Guiding questions

- What activities do you do that you might consider to be self-care? What activities would you like to do if you can't think of any?
- What barriers exist that might prevent you from doing your self-care activities? How can you overcome them?

Huddle leader: _____

Date: _____

Attendance:

Name: _____ Initial _____

Notes to the huddle leader

- Examples of self-care activities: reading, meditation, taking short breaks from the task at hand, exercising, avoiding screens before bed, leaving some time in the day to focus on yourself.
- Challenge staff to set an achievable self-care goal. For example, schedule a regular activity (3 times a week for 5-10 minutes) or associate self-care with another regularly occurring event (i.e. deep breathing on the morning commute)
- Consider scheduling a huddle in one week to check-in with staff about how their self-care plan is going, what successes or challenges have come up, and how to overcome any barriers.

Notes



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