

## Psychological Health & Safety in the Workplace: Balance



### Activity 1: Work-Life Balance Quiz

Questions	Agree	Disagree
1. I have control over my work life		
2. I enjoy hobbies or interests outside of work		
3. I am able to make time for everything I want to do		
4. I am happy and positive about what is happening at work		
5. I have enough time to spend with my loved ones		
6. When I am home, I feel relaxed and comfortable		
7. I have time to do something just for me every week		
8. On most days, I feel like I can manage my commitments		
9. I am able to keep calm at work		
10. I use all my vacation days		
11. I have energy – even late in the week		
12. I take my lunch break		
13. I do not miss out on family events because of work		
14. When I am home I do not think about work		
15. My family does not get upset about how much time I spend working		
<b>TOTALS</b>		

### For how many questions did you check 'agree'?

**0 – 5:** Your life is out of balance – now is the time to take action. You can take control and make changes!

**6 – 10:** You are keeping things under control – but barely. Take the time to make changes before you lose this balance.

**11 – 15:** You are doing well! Your life is in balance – be careful to keep it that way.

Activity 1 adapted from: CMHA. 2013. Work-Life Balance Quiz. Available [online](#).

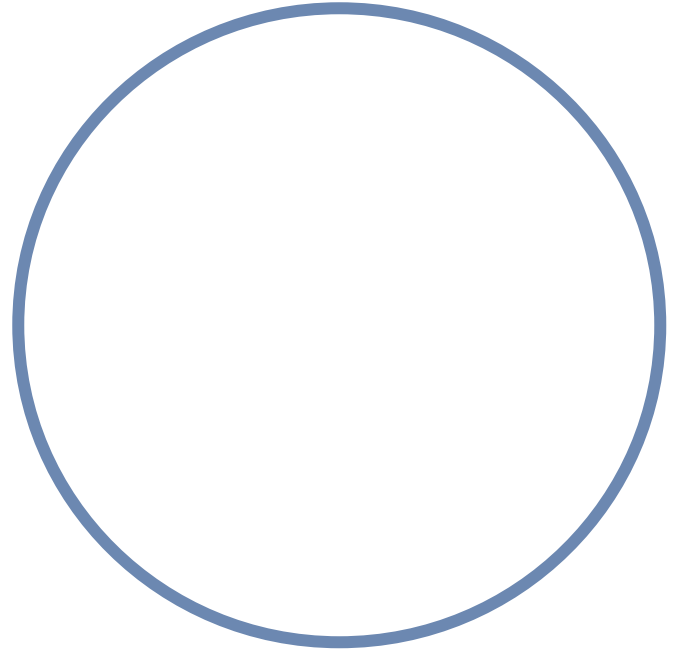
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### Activity 2: Focus on Reflection

1. Divide the circle (below right) into a pie chart to show how your weekly waking hours are divided between yourself, your job, and your relationships.

Are you happy with this division? Why / why not?

What about this division works for you? What doesn't?



2. Divide the circle (below) to show your ideal division.

How is your ideal division different from your current division? What makes it better?

What action could you take to get a little closer to your ideal division?

Is there anything you could ask for at home or at work that could help? If yes, make a plan to get it done!

