



## Balance Worksheet

**Facilitator Notes:** Use this worksheet to encourage a discussion about **Balance**. It is one of thirteen factors that have been shown to impact mental health of individuals in the workplace. Be sure to encourage discussion by being open to all answers and opinions from participants. Examples of possible discussion groups are: employees at a team meeting or lunch and learn, staff or management orientation, and union-member discussions.

**Suggested materials:** laptop, speakers, projector and screen, flip charts and markers, whiteboard or chalkboard.

### **Suggested Process:**

Watch the video once at [www.haveTHATtalk.ca](http://www.haveTHATtalk.ca)

Read definition of **Balance**:

[On the Agenda](#) defines **Balance** as present in a work environment where there is recognition of the need for balance between the demands of work, family, and personal life.

### **Ask participants:**

1. Think of a time when you had difficulty maintaining work life **Balance**. What strategies did you use, or could have used to manage during this time?
2. Why is work life **Balance** so important?

Watch the video again.

### **Ask participants:**

3. What could have been done differently in the scenario with Liliana?
4. What are some strategies to help YOUR workplace boost overall employee **Balance**?
5. Write down different ways that YOU can manage your work life **Balance**.

