

# MINDFUL HEALTH ~ I WILL FOCUS ON ME

## Strive for Balance

Canadian adults are spending more time at work and commuting to and from work. They play multiple roles, including those of a worker, parent, spouse, friend, caregiver and community volunteer. Work commitments, commute time and competing priorities can make it difficult to achieve balance in work and family life. Here are some strategies to help you create balance:

- **Set clear boundaries between work and family life** to create harmony. For example, make it a rule to not check work email from home or respond to telephone calls during meal times. Put work devices aside during family time
- **Take time to refresh and recharge yourself.** Take a vacation. Studies show that vacations can help break the stress cycle and enable you to rest and recuperate. They help foster stronger connections with family and friends. You can also refresh and recharge by participating in a hobby or activity that you enjoy, such as reading, listening to music, gardening, yoga, tai chi, meditation or taking a cooking class
- **Move more.** Physical activity can help clear the mind and increase your productivity and effectiveness
- **Access health and wellness services** provided by your employer
- **Practice healthy habits.** Eat healthy by following [Canada's Food Guide](#). Be physically active for mental and physical health by following the [Canadian Physical Activity Guidelines](#) and accumulate at least 150 minutes or 2.5 hours of moderate-to-vigorous physical activity per week, in bouts of 10 minutes or more. Socialize with others, [live tobacco free](#) and [limit your alcohol drinking](#)

### PUBLIC HEALTH

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