



Finding Your Balance

People are playing many more different roles than ever before. Not only are we workers but we are far more than that – parents, spouses, friends, caregivers of elderly relatives, volunteers in our communities and more.

Aside from whatever roles we play in our lives we must also make room for taking care of our own physical and mental well-being. Not surprisingly, achieving balance among all these competing priorities can be difficult.

This overload can be heightened by new technologies that were actually intended to make our lives easier. However, through email, cell phones and other electronic devices, many people feel they need to be connected 24/7, making the achievement of balance between work and the rest of our lives even more difficult.

Achieving work/life balance means having equilibrium among all the priorities in your life, which is different for every person. But, as difficult as work/life balance is to define, most of us know when we're out of balance.

Working on a healthy balance between our work and personal life is essential as it helps us feel less stressed, anxious, and exhausted. As a result we feel happier and more productive and satisfied in both our personal and occupational lives. This month, we're providing you with resources to help determine and achieve a state of balance that works for you.

We encourage you to join us for a webinar: *Making a Life While Making a Living*. The webinar will take place on October 21 at 12:00 PM to 1:00 PM EST. Register [here](#) to reserve your spot today! Following the webinar, a recording will be uploaded to the eHealth site for those who were unable to attend.

The following resources are also available:

- [Understanding Balance](#)
- [How to Build New Habits & Habit Tracker Template](#)
- [Tips on Balancing Work and Family](#)
- [You Deserve a Break!](#)

Please remember that you are not alone. Reach out to family, friends, co-workers, your supervisor, or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just for our employees but also their partner or family members.

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play