

October 27th, 2025

Achieving and Sustaining Balance

Employees with a healthy work-life balance are 21% more productive and experience lower stress levels.

Canada's



Healthy Workplace Month

healthyworkplacemonth.ca

DID YOU KNOW?



Employees who maintain a healthy work-life balance are not only 21% more productive but also experience significantly lower stress levels and better overall mental health. This balance contributes to improved physical well-being, stronger personal relationships, and greater job satisfaction.



DAILY YOGA POSE

Dancer's Pose (Natarajasana):

Stand on one leg, grab the ankle of the other leg behind you, and reach the opposite arm forward. This graceful pose improves balance, flexibility, and concentration.



DAILY MOTIVATION : MUSIC TRACK

🎵 "Good Life" - OneRepublic 🎵

This song captures the essence of appreciating the present moment and finding joy in life's journey, reminding us that even amid challenges, embracing positivity and gratitude is key to achieving and sustaining a healthy work-life balance.



PRO TIPS FOR THE WORKPLACE

- Take regular breaks (step outside for fresh air).
- Set work boundaries (log off on time)
- Prioritize self-care outside work

Action:

Schedule one non-work activity that brings you joy today.



DAILY RECIPE

Balanced Quinoa Salad



- ½ cup quinoa
- 1 cup water
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup chickpeas, rinsed
- 2 tbsp chopped parsley
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper



Cook quinoa in water for 15 minutes and cool. Mix with veggies and chickpeas, drizzle with olive oil and lemon juice, season, and toss.

INSPIRE & REFLECT

Inspiration of the day

"Almost everything will work again if you unplug it for a few minutes... including you." – Anne Lamott

Reflection Question

How can I set healthy boundaries between work and personal life?

Mental Health Challenge

Turn off work notifications for at least 30 minutes after work today.

Daily Affirmation

I prioritize my well-being without guilt.

Daily Resource:

Work-Life Balance page from the Canadian Centre for Occupational Health and Safety (CCOHS)

The Canadian Centre for Occupational Health and Safety offers a bilingual, easy-to-access guide on work-life balance, providing practical tips and policies to help employees and employers create a healthier, more fulfilling balance between work demands and personal life.

