



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Contact your local branch for more information

Hold thumb on square (10 seconds)
and compare. If square is black,
it is time to relax.



Stressed



Calm



Tense



Relaxed

cmha.ca



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Work-Life Balance Tips

1. Schedule brief breaks throughout the day
2. Set priorities each day
3. Respond to e-mail once or twice a day
4. Create a buffer between work and home – take a walk, listen to music
5. Decide what chores can be shared or let go
6. Make choices – learn to say no



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