

# EMPLOYEE ASSISTANCE PROGRAM

## FIVE TIPS FOR

# BETTER LIFE BALANCE



*Everyone can take small steps to achieve a more balanced life. Small changes can add up to big results. Try these five simple tips this week and see what works best:*

- 1 Plan a block of time with family or friends** to catch up on each other's lives. Strong, happy relationships are strongly tied to wellbeing, and these emotional connections are important for a balanced life.
- 2 Do something new.** Sign up for a class, get tickets to a lecture or concert, or explore a hobby that interests you. Novelty is refreshing.
- 3 Give yourself some alone time.** Everyone needs some time to themselves, even if it's just for a few moments to walk outside and get a breath of fresh air. Alone time can lower stress and encourage creativity.
- 4 Commit today to doing at least one thing that is good for your body and mind,** whether it's eating healthier foods, exercising, or getting more sleep.
- 5 Treat your time like the precious gift it is.** Say no to the non-essential demands on your time that you know are going to make you stressed.



**CAL HR**

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

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1-866-EAP-4SOC (1-866-327-4762)

TTY USERS SHOULD CALL: 1-800-424-6117

[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)



Log on to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) or call today to learn more life balance tips.

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