The Expert Says

Many people spend more time working than any other activity, but it’s important to dedicate a few hours every day to relaxing, reflecting and interacting with family and friends, says master certified coach Marcia Reynolds, MA, MEd, author of Outsmart Your Brain! and OutsmartYourBrain.com.

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Why is it important to maintain a work-life balance for overall mental health?
If you don’t balance your energy, you’ll likely experience exhaustion and stress. This causes you to view things negatively, worry more, get irritated easily, struggle with weight and have a hard time relaxing.

What can we do to keep ourselves from overworking?
Throughout your workday, set your phone or computer to remind yourself to stop and take a long, full breath. Also, take a quick walk, eat a piece of fruit or a handful of nuts, make a phone call to a loved one, look at pictures that make you smile, or read something funny or mindless. Give your brain and body a rest.

When should you seek professional help?
If you feel you can’t stop working, or have to fill in every second with a task, then you should get help to break this pattern. No one has to live this way.

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