

“IF I HAD A HAMPER”

WHAT IS IN MY HAMPER??

IS MY HAMPER TOO FULL BECAUSE OF ME??

DOES MY “LAUNDRY OF LIFE” CAUSE EXTRA STRESS?

WHY IS MY HAMPER FULL??

What has changed for families in the last decade?

How do you know if your life is out of balance?

Your “work-life” may be out of balance if

GUIDELINES FOR MANAGING WORK-LIFE BALANCE:

Figure out what really matters to you in life.

Drop unnecessary activities.

Protect your private time.

Accept help and use proven tips for balancing work and family.

Plan fun & relaxation – you won’t survive without it!

