

Mastering **Work-Life** Balance

Work-life balance focuses on managing **time and energy** while on- and off-duty. Having a healthy work-life balance ensures that officers perform effectively, reduce stress, avoid burnout, and enjoy their career.



REFOCUS ON YOUR PURPOSE

to help avoid burn out. This can be accomplished by assessing the impact of your daily routines.



TAKE CARE OF YOUR BODY

by maintaining healthy exercise, nutrition, and sleep habits.

Questions to consider include:

How does my work *make life better* for other people?

Why did I join the *policing profession*?

How can I add *more meaning* to what I do every day?



CONNECT WITH OTHERS

by maintaining social relationships with those close to you. Activities to stay connected and improve your work-life balance may include:



Taking on creative and mental activities with your family



Participating in an outdoor activity such as hiking or camping



AVOID OVEREXPOSURE

to social media and the news. While staying informed is important, too much information can become overwhelming.



SEEK HELP WHEN NEEDED

by talking to those around you such as your fellow officers, command staff, executive leadership, chaplains, family, psychologist, or others you can confide in. **Remember that you are not alone.**