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.

Questions to consider include:
- Why did I join the policing profession?
- How does my work make life better for other people?
- How can I add more meaning to what I do every day?

TAKE CARE OF YOUR BODY by maintaining healthy exercise, nutrition, and sleep habits.

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 mindful 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.

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