# 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.



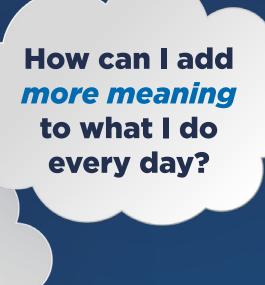
### TAKE CARE OF YOUR BODY

by maintaining healthy exercise, nutrition, and sleep habits.



Why did I join the policing profession?

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







#### **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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