

WORK LIFE HARMONY

Surgeon General
Workplace Wellbeing

Protection from Harm + Psychological Safety

Together professional and personal roles can create work and nonwork conflicts. The ability to integrate work and nonwork demands, for all workers, rests on the human needs of autonomy and flexibility.

- 1. Provide more autonomy over how work is done.** Organizations that increase worker control over how, when, and where work is done can avoid work and life conflicts, build more trust in workplaces and coworkers, and improve health.
- 2. Make work schedules as flexible and predictable as possible.** Normalize and support focusing on mental health. Schedule irregularity among workers can also lead to work-life conflicts that negatively affect relationships both in and out of the workplace, including behavioral and mental health challenges in children of working parents.
- 3. Respect boundaries between work and nonwork time.** By not penalizing workers for this flexibility needed, leaders can alleviate any anxiety or fears of missing work demands. This helps workers have the time needed for rest so they can optimize their health, productivity, and creativity.



COMMUNITY RESOURCES

Bellin Health wants to connect you to resources to help you with work life balance and help you live the healthiest life possible.

Overwhelmed? Need help coping? Feelings of worry and anxiety are real concerns. Our Bellin Health Psychiatric Center has professionals to help **NAVIGATE** life's challenges and recommend next steps. Call **920.433.3630** or speak to your primary care provider about a referral.

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact wellnessconsultant@bellin.org.

CONTACT our Bellin Health Lifestyle Medicine team at LifestyleMedicineTeam@bellin.org for more community resources, support, and next steps.

LISTEN NOW on Apple Podcast or Spotify



Real-life solutions for common health and wellbeing challenges.

Search "Prescription for Life"



Real advice for real people to support your mental health.

Search "Mental Health Moments"



REGISTER to receive more resources and special event invitations, go to bellin.org/lifesaver and click on the "New User Start Here" icon.

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**Lifesaver
Wellbeing
Series**