

Creating a Healthy Work-Life Balance

1. amlyfi eitn _____
2. ngupul _____
3. est reosbnadiu _____
4. sbaesilht rentiuo _____
5. ucanctmeiom _____
6. ekta ksbare _____
7. ste sreriotip _____
8. eakt emit off _____

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1. amlyfi eitn _____ family time
2. ngupul _____ unplug
3. est reosbnadiu _____ set boundries
4. sbaesilht rentiuo _____ establish routine
5. ucanctmeiom _____ communicate
6. ekta ksbare _____ take breaks
7. ste sreriotip _____ set priorities
8. eakt emit off _____ take time off