

WORK LIFE BALANCE QUIZ

1. The least helpful way to 'wind down' after a busy working day is to
 - a. Spend time doing something that gives you joy
 - b. Attend a yoga class
 - c. Spend time quietening your mind
 - d. Get into competition with someone as to who had the most challenging day

2. What does Work Life Balance mean?
 - a. Setting healthy boundaries between your work and home life
 - b. Feeling less stressed
 - c. Feeling that you have more 'control' over your working day
 - d. Any or all of the above - we are each unique so WLB can mean different things to different people

3. Which of the following might help you to feel better?
 - a. Choosing positive thoughts and positive self dialogue
 - b. Choosing to stop judging yourself
 - c. Choosing to focus only on what can be done as opposed to what can't be done
 - d. Any or all of the above

4. Which of the following might contribute most to improving your wellbeing?
 - a. Ensuring your physical body gets enough sleep
 - b. Ensuring you are getting the nutrition you need from the food choices you make
 - c. Agreeing with your housemate or partner that you will not talk about work after a certain time each evening.
 - d. Any or all of the above