



## COVID-19

Access COVID-19 resources at [workhealthlife.com](https://workhealthlife.com) or [login.lifeworks.com](https://login.lifeworks.com)

## Striking a Balance

We all have demands on our time and attention, and life can be stressful at times. Striking a balance between your work and home life is achievable if you have the right tools to help you organize, plan, and prioritize your day.

### Life



#### Assertiveness Is the Key to Work-Life Balance

Creating a healthy balance between the demands on your life in and out of the office means setting clear boundaries, and that usually requires assertive behavior.

[Read More](#)

### Life

#### Creating an Action Plan to Achieve Balance

Regain control and achieve genuine long-term balance in your life with a realistic plan to help meet work, family, and leisure priorities.

[Read More](#)



### People Leader's Corner



#### Supporting a Culture of Work-Life Balance

You've made the effort to build a great team around you, invest in their well-being.

[Read More](#)

### Workplace Learning Solutions

#### Eating Well to Optimize Performance

Learn to strike a balance with healthy eating to boost energy, concentration, and productivity.

[Read more](#)



### Reccomended for you



#### April 2020 Video

Making the Most of Your Leisure Time

[Click here](#)

[Heartbeat Newsletter Homepage](#)



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