

## ULearnIT Featured Resource

### Taking Stock of Your Work/Life Balance

People with a healthy work-life balance are satisfied with both their work and home lives. They can fulfill their multiple family responsibilities at home, as well as work and community commitments without guilt or regret. They're healthy physically, emotionally, and socially. They're not over-worked. In fact, they have a sense of control over their life, and feel that the decisions they make are informed choices.

In this course, you'll learn about how to detect imbalance between home and work and how to achieve a healthy compromise between work balance and life balance. And you'll assess your current work/life balance so you can overcome internal and external obstacles to achieving harmony.

*22 minutes*

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