Work-life Balance

According to research by Peran Kandola, a business psychology firm, 86% of employees also lee a link between their moods and how well will they do their work. How can this help us at work?

1. Take control

If you don't like the terms and (1) _____ at your company, do something about it. Talk to someone or even change jobs.

2. Take a break

Don't work late every day or be the person who always says: "I'll work (2) _____!" It'll end up with you needing to take a (3) _____ leave.

3. Keep your body health as well as your mind.

Try cycling to work or do exercise during your (4) _____ like a walk around the building.

4. Work-life balance

Aim for a good work-life (5) _____. Make time for your family and friends. Make sure you take time off when you need it and always take your full (6) _____.

Ready?

Following this tips you'll enjoy more your working life.

LIVEWORKSHEETS