



# Work-life Balance

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



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

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.

2.



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.

