

“Balance Your Work-Life”

☞ Strike a healthier balance between home & work

- Develop interests- get interested other than work & make time for them
- It could be- watching a movie, working out or pursuing an interest at an individual level or with friends & family
- Make sure that your allocated spare time is something enjoyable.

Switch off completely when you're spending time with your family.



Be TUNED IN to know more.....

For more guidance & tips email to - smile@wellnessway4u.com