

Wellness Sketch

A positive work-life balance is when a person can maintain a healthy balance between professional duties (workload, deadlines) and personal life (family, hobbies).



Instructions:

Sketch or draw an image that reflects a positive work-life balance (a scenario, how a person may feel, etc.). For further reflection, respond to the discussion questions below.

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1. How does your illustration represent a positive work-life balance?

2. How does work-life balance impact a person's overall wellness?

