



# Work-life balance is for everyone

Striking a balance between home  
and work is a challenge many people  
face on a daily basis.

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## Do you fall into any of these categories?

- combine study and work
- balance family commitments and work
- move from full-time to part-time employment
- planning a phased retirement
- manage health conditions and rehabilitation
- combine community activities with work

## Work-life balance can help people reduce the impact of work on family life.

This in turn can often reduce stress levels, while increasing focus and motivation at work knowing that family and work commitments are being met. For employers, this can often mean greater staff loyalty and commitment, resulting in lower turnover, and higher attraction levels.

Some of the options available to help balance work and life responsibilities include:

- leave arrangements – carers', bereavement and cultural leave
- parenting and pregnancy policies – unpaid and paid parental leave
- flexible work arrangements – part-time work, telecommuting, job sharing, flexible work hours
- additional work provisions – exercise facilities, well-being programs and relocation assistance.

Talk to your employer about the full range of options available to you.

The Department of Justice and Attorney-General is collaborating with employers to improve the uptake of work-life balance policies in public and private sector organisations.

For more information on work-life balance options or to access resources, visit [www.justice.qld.gov.au](http://www.justice.qld.gov.au).

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