



Why do Small Changes Matter in the Workplace?



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Small Changes and the Workplace



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What is Work-Life Balance?

Refers to a state of wellbeing a person finds which allows them to balance responsibilities at work, at home, and in their community.

Work-life balance involves minimizing work-related stress. Establishing a balance between work and personal life helps promote overall physical and mental health.

What is Worker Burnout?

People who are exposed to **prolonged workplace stress** are at **higher risk** for burnout. According to the WHO, burnout is characterized by 3 main areas:

1. Feelings of energy depletion or exhaustion
2. Increased cynicism or mental distance from the job
3. Reduced work performance

Signs and Symptoms:

- Chronic fatigue, weight gain or loss of appetite
- Anxiety, depression
- Decreased productivity, withdrawal from work activities

How to Prevent Worker Burnout?

Prioritize self-care strategies each day to help manage your stress:

- Eat healthy and make time for regular exercise
- Take regularly scheduled breaks
- Shift your perspective and adopt a healthy mindset
- Seek out positive social connections

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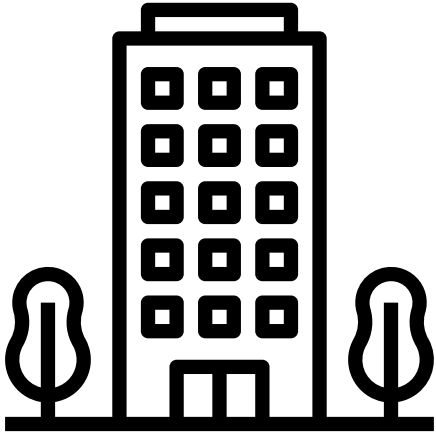


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Why do Small Changes Matter at the Office?



The average Canadian spends **60%** of their day at work, which makes the workplace an ideal setting to **establish healthy habits**.

Promoting **small changes** through workplace wellness programs help employees **establish habits** that can **reduce their risk** of developing cancer and other chronic diseases.

Why do Small Changes Matter at Home? (Remote Work)

In 2020, the COVID-19 pandemic caused many businesses to transition people to **work remotely** from home. This has led to increased worker burnout and stress levels.

Remote work meant **less opportunities** to connect with co-workers, to stay physically active by commuting, and to find time to relax by unplugging from work life.



Small changes are important for workers to **build healthy habits** to maintain **work-life balance** and **reduce burnout!**