

Balance: Why it's Important

Presence



Enhances feeling valued
and happy

Greater workplace
flexibility

Minimizes worker
conflict

Enhances well-being
and reduces stress

Helps staff maintain
concentration,
confidence and
responsibility

Absence



Increases feelings of
dissatisfaction with
work

Undermines health and
well-being

Increases tiredness, bad
temper and inability to
progress

Increases stress-related
illnesses such as higher
cholesterol, depressive
symptoms and overall
decreased health

Increases absenteeism,
disability and turnover

WorkSafeTM

S A S K A T C H E W A N

Work to live.

#MyWorkplaceHealthMatters