

# Are You in Balance? The Work-Life Balance Quiz



CANADIAN MENTAL  
HEALTH ASSOCIATION

Practice mind + body fitness.

## It's a Matter of **Time**

Do you find it difficult to balance the different roles in your life? If so, you're not alone – 58% of Canadians report “overload” as a result of the pressures associated with work, home and family, friends, physical health, volunteer and community service.

Take this quiz to see if  
**you're in balance.**

	Agree	Disagree
1. I feel like I have little or no control over my work life.	0	1
2. I regularly enjoy hobbies or interests outside of work.	1	0
3. I often feel guilty because I can't make time for everything I want to.	0	1
4. I frequently feel anxious or upset because of what is happening at work.	0	1
5. I usually have enough time to spend with my loved ones.	1	0
6. When I'm at home, I feel relaxed and comfortable.	1	0
7. I have time to do something just for me every week.	1	0
8. On most days, I feel overwhelmed and over-committed.	0	1
9. I rarely lose my temper at work.	1	0
10. I never use all my allotted vacation days.	0	1

TOTAL

# Are You in Balance?

## The Work-Life Balance Quiz



### What Your Score Means

- 0 to 3:** **Your life is out of balance**  
You need to make significant changes to find your equilibrium. But you can take control!
- 4 to 6:** **You're keeping things under control – but only barely.**  
Now is the time to take action before you're knocked off balance.
- 7 to 10:** **You're on the right track!**  
You've been able to achieve work-life balance – now, make sure you protect it.

### Learn more about how to get and keep good work-life balance

by visiting [www.cmha.ca](http://www.cmha.ca) and to take the complete Work-Life Balance Quiz.

### Top 3 Tips for Staying in Balance

- Schedule brief breaks for yourself throughout the day.
- Turn off your cell phone and leave your laptop at work.
- Create and implement a household budget.

#### Disclaimer:

This quiz provides general information only. It is not a diagnostic test. Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health professional.

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