

WORK-LIFE BALANCE AND WELL-BEING



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DID YOU KNOW?



Nearly 45% of people in the EU provide unpaid care - impacting stress, well-being, and work performance.



QUICK TIPS

- Plan tasks early to reduce last-minute stress
- Set clear work hours & breaks
- Speak up if caregiving affects workload
- Take short wellness breaks
- Ask for help when needed
- Support colleagues with empathy and flexibility
- Use available resources - flexible hours/support networks

CAREGIVING BALANCE: WHY IT MATTERS AT WORK



Unequal Caregiving = Higher Burnout Risk



Equal Caregiving = Stronger Families & Teams

TRY THIS TODAY

Celebrate small acts of caregiving and support



Take a Quick Wellness Break

SUPPORTING EQUAL CAREGIVING AT WORK BOOSTS WELL-BEING, PRODUCTIVITY, AND TEAM CULTURE - FOR HAPPIER EMPLOYEES AND STRONGER ORGANISATIONS



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