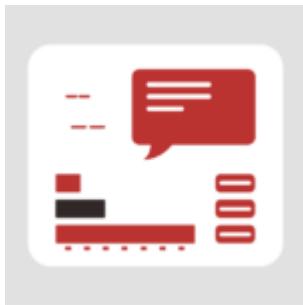


# Work-Life Balance Infographic



Canadians are finding it increasingly challenging to balance their work demands with the healthy management and enjoyment of life outside work.

Two main aspects often affect work-life balance ' the first is lack of time and scheduling conflicts, and the other is feeling overwhelmed, overloaded or stressed by the pressures of multiple roles. (Source: CCOHS)