

# SEPTEMBER SAFETY SEGMENTS



The National Standard for Psychological Health and Safety was introduced into the Canadian workplace in 2013. [The Standard](#) is the first of its kind in the world. There are 13 factors listed in The Standard. Balance factor looks at how the workplace recognizes the need for balance between the demands of work, family and personal life.

## PSYCHOLOGICAL HEALTH AND SAFETY FACTOR: BALANCE

### DIRECTIONS

Be sure to encourage discussion by being open to all answers and opinions from participants. Watch the following 4 minute video with the group about [The National Standard - Balance](#). Read out the definition and use the guiding questions to facilitate a discussion with the group.

### SAFETY SEGMENT DISCUSSION

The Standard defines Balance as when the work environment recognizes the need of workers to balance the demands of work, family and personal life.

#### Guiding Questions:

- Can you think of a time at work when you had difficulty maintaining a work-life balance?
- What strategies did you use, or could have used do to manage during this time?
- Why is work-life Balance so important?
- What could have been done differently in the scenario with Liliana?
- What are some strategies to help YOUR workplace boost overall employee Balance?
- Write down different ways that YOU can help manage your work-life Balance.



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