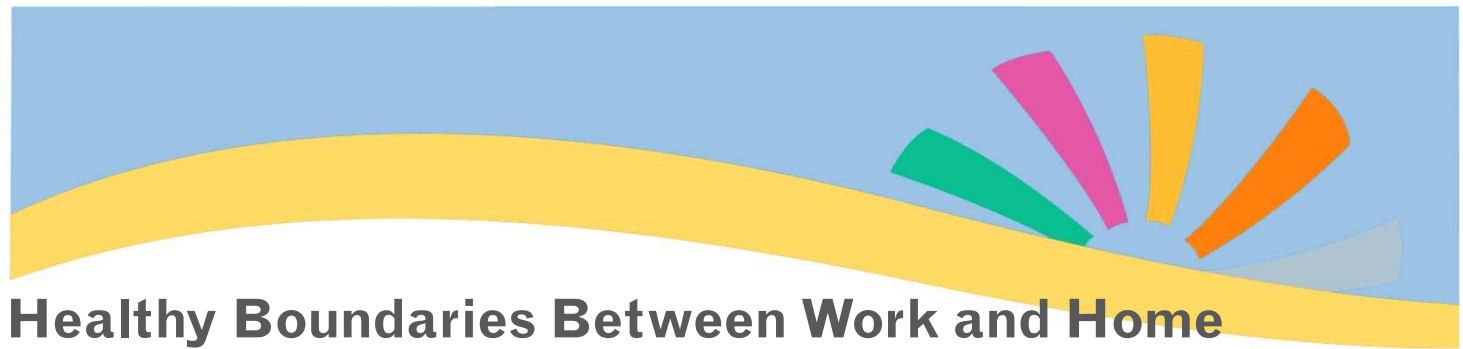


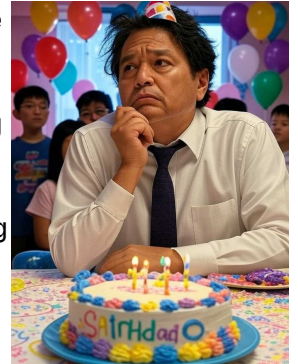
Healthy Pathways



Healthy Boundaries Between Work and Home

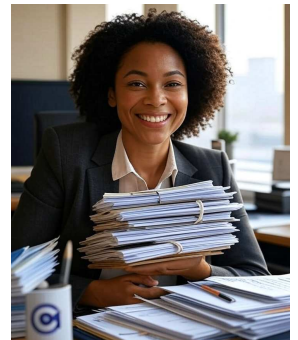
Even employees who believe in keeping healthy boundaries between work and home struggle to do it. Research shows, however, that maintaining boundaries is good for you and your employer. Productivity does not suffer! In fact, keeping boundaries can help workplace productivity by reducing burnout and turnover, improving focus, and creating a more positive work environment. Here are five boundaries most people struggle to maintain. If you recognize any of them and are ready for change, contact the EAP to explore your next steps to make some or all happen: 1) not responding to work communications after hours; 2) having a dedicated place in your home to work—no, this is not only to avoid distractions but also to eventually train your brain to “turn on for work,” thereby improving productivity; 3) taking a real honest-to-goodness lunch break, rather than eating at your desk or skipping it altogether; 4) when possible, politely saying you can’t take on more work or at least negotiating on deadlines; 5) making it step one when you arrive home to get out of your work clothes. Again, this ritual is not just about being more comfortable. It signals to your brain to destress and recognize the “day is over.”

Learn more: hubstaff.com/blog/work-life-balance-statistics/



Workaholic or Work Enthusiast?

Ever been accused of being a workaholic? The label is often overapplied, particularly by friends and family, but you can assess whether your work habits are unhealthy. It's worth reflecting on your work habits because self-awareness is the first step if you need to make a change to be happier. Consider motivation, choice, level of joy or excitement, and effects on your health. 1) The person who loves to work (work enthusiast) is motivated by passion and conscious choice, while the workaholic feels compelled and has a loss of control over work. 2) The work enthusiast can set boundaries on when and how much work they do, but the workaholic feels unable to control when and how much. 3) The work enthusiast feels joy and fulfillment, while the workaholic is not joyful about work and feels there is no choice but to continue. 4) The work enthusiast has healthy relationships, whereas the workaholic neglects relationships. 5) The work enthusiast doesn't suffer when not working, but the workaholic experiences anxiety when they can't work, along with adverse effects on their relationships and health. If you spotted signs of unhealthy work habits, take the next step. Consider a deeper assessment, set limits, and prioritize your well-being. Still unsure about your work style? Talk to your employee assistance professional.



Learn more: medicalnewstoday.com/articles/workaholic

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