



BALANCING THE

Give and Take

OF TEACHING

asebp

*Ahhh...*you've achieved your life-long dream of becoming a teacher—you've officially arrived! It's everything you've ever dreamed of, isn't it? Well, maybe it's everything plus a little extra sometimes. There's lesson planning, assessments to write, facilitating and supervising extra-curricular activities, organizing external learning opportunities and So. Much. More. With all of this, how do you find time to balance your personal life—possibly kids of your own, a significant other or just trying to stay connected with friends?

Look, we get it, teachers have a lot on their plates and finding time to 'refill your cup' when you're busy inspiring the next generation can be tough. Tough, but oh so important. If you aren't sure where to turn for advice or how to carve out some much needed 'me time,' we can help.

Your Employee and Family Assistance Program (EFAP) offered through our partnership with Homewood Health is here to help you manage the give and take of your teaching career.

WANT TO CONNECT WITH SOMEONE?

Many over-the-phone services are available through the Life Smart program which can help you establish a plan to better manage both your professional and personal life.

When you call, you'll be asked a few questions to ensure you're directed to the best person for your situation.

► **English**

1-800-663-1142

TTY: 1-888-384-1152

International (call collect):
604-689-1717

► **Français**

1-866-398-9505

ATS: 1-866-433-3305

Appels internationaux
(frais virés acceptés):
514-875-0720

PREFER TO WORK IT OUT ONLINE?

Register for a Homeweb.ca account to access handy online tools and resources like these:

- 10 Steps to Achieving Work-Life Balance, bit.ly/homeweb1
- Understanding and Preventing Burnout, bit.ly/homeweb2
- Six Steps to Reducing Work Stress, bit.ly/homeweb3

*Remember...*your EFAP is
here to help you, help yourself!

