

WORK LIFE BALANCE

GREAT WEBSITES!!

<http://www.webmd.com/balance/guide/health-and-balance-manage-stress>

<http://www.webmd.com/balance/guide/5-strategies-for-life-balance>

http://www.cherifredrickson.com/site/850Cher/Life_Balance_Wheel_Worksheet.pdf

<http://www.webmd.com/balance/guide/addicted-your-smartphone-what-to-do>