

# Create a work-life balance that works for you.

Learn how to maintain a healthy work-life balance with these essential strategies for staying focused, motivated, and fulfilled. Don't worry if you miss a day — you can always catch up tomorrow.



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p><b>Day 1</b><br/> <a href="#">How is your well-being?</a><br/>                     (4m 09s)</p>   | <p><b>Day 2</b><br/> <a href="#">Nourish your personal life</a><br/>                     (2m 58s)</p>                        | <p><b>Day 3</b><br/> <a href="#">Focus on what feeds your spark</a><br/>                     (2m 48s)</p>                | <p><b>Day 4</b><br/> <a href="#">Gratitude and service</a><br/>                     (3m 07s)<br/><br/> <a href="#">Give yourself medals daily</a><br/>                     (2m 20s)</p> | <p><b>Day 5</b><br/> <b>Question:</b> How would you describe your own wellbeing?</p>                    |
| <p><b>Day 6</b><br/> <a href="#">A connected tribe: Connection</a><br/>                     (4m 54s)<br/><br/> <a href="#">Creating a helpful self-image</a><br/>                     (5m 31s)</p> | <p><b>Day 7</b><br/> <a href="#">Using self-compassion to silence the inner critic</a><br/>                     (2m 32s)</p> | <p><b>Day 8</b><br/> <b>Challenge:</b> Choose one thing to do this weekend that'll create more balance in your life.</p> | <p><b>Day 9</b><br/> <a href="#">Disconnect from work after hours</a><br/>                     (2m 54s)</p>   | <p><b>Day 10</b><br/> <a href="#">Create your sleep sanctuary</a><br/>                     (3m 36s)</p> |
| <p><b>Day 11</b><br/> <b>Pop quiz:</b> What can you do to create a more peaceful sleep environment?</p>  | <p><b>Day 12</b><br/> <a href="#">Current state of affairs</a><br/>                     (2m 35s)</p>                         | <p><b>Day 13</b><br/> <a href="#">What is psychological safety?</a><br/>                     (2m 34s)</p>                | <p><b>Day 14</b><br/> <a href="#">Changing conversations, part 1</a><br/>                     (9m 50s)</p>  | <p><b>Day 15</b><br/> <a href="#">The stress mastery formula</a><br/>                     (2m 24s)</p>  |
| <p><b>Day 16</b><br/> <a href="#">Choose happiness</a><br/>                     (3m 52s)</p>   | <p><b>Day 17</b><br/> <b>Pop quiz:</b> How can you use stress for good?</p>  | <p><b>Day 18</b><br/> <a href="#">The feel-good factor</a><br/>                     (2m 31s)</p>                         | <p><b>Day 19</b><br/> <a href="#">Staying strong in mind and body</a><br/>                     (3m 22s)</p>   | <p><b>Day 20</b><br/> <a href="#">OSU Campus Mental Health Training Video</a></p>                       |