

Quiz: Is Your Work-Life Balance Healthy?

Of course, both life and work can be hectic sometimes, and a little stress now and then is normal. But how do you know when it's gone too far? Take Connell's quiz below to find out if you're living with a healthy work-life balance, or if your job (or your personal life) is taking over. Just answer "true" or "false" to the following questions, and use Connell's scoring guide below to see where you stand.



1. _____ My life and work demand often interfere with each other.
2. _____ Someone else has control over my work schedule.
3. _____ It's a struggle to get time off from work when I need to.
4. _____ I spend a lot of time responding to personal emails and phone calls when I am at work.
5. _____ I don't have time to exercise at least three times a week.
6. _____ I have had to give up most of my hobbies.
7. _____ I sleep less than 8 hours per night on a regular basis.
8. _____ I have frequent headaches and/or stomach aches.
9. _____ I catch myself making mistakes on the job increasingly often.
10. _____ It is important to check my phone and email when I leave work.
11. _____ It is hard to shift my focus of attention to the issue at hand.
12. _____ I find myself worrying a lot about how I'll get everything done.
13. _____ I work more than 40 hours a week.
14. _____ It's hard not to be irritable and lose my temper.
15. _____ I don't have enough time to relax.
16. _____ I frequently have to deal with work emergencies when I am not there.
17. _____ I am tired all the time.
18. _____ My family and friends are routinely upset at me for not being available to them.
19. _____ I am often needed outside of work during work hours.
20. _____ I drink more than 3 cups or shots of caffeinated drinks per day.

Scoring:

If you answered...

Mostly true: You are in serious danger of incurring a stress-related illness or injury, having a major personal problem, or getting fired. You're taking on too much and need to get more support either at work or at home, or both. You need to pay attention to this, because even if you can sustain highly stressful situations for a period of time, over the long term, you could incur irreversible damage to your body, such as a heart attack, hypertension, ulcer, endometriosis or other stress-related conditions.

Equally true and false: You may be at risk of burning the candle at both ends. You might want to examine your commitments, responsibilities and level of control over your life. There may be one or two simple tweaks you can make to ease up on your work/life conflicts, or it might be that a more extensive change is necessary. In either case, you should consider ways to take care of yourself better to maintain your resilience and get through tough times.

Mostly false: You have a good fit for work and life demands. You take care of yourself. You're at low risk of burnout and are a good role model of work-life balance for others.