

# 7 tips for a healthier work-life balance



As someone invested in the wellbeing of your clients and their employees, it's important to understand the importance of work-life balance.

To highlight **National Work Life Week** from **7th - 11th October**, our Wellbeing Team has put together a valuable tipsheet called "**7 tips for a healthier work-life balance**", where you can discover tips to help your clients support their people.



[Download your FREE copy](#)

As part of our commitment to supporting wellbeing in your clients workplace, we'd like to share some additional key awareness dates coming up:

**1st - 31st October: Stoptober** [Find resources here](#)

**10th October: World Mental Health Day** [Find resources here](#)

**18th October: World Menopause Day** [Find resources here](#)

## Looking Ahead:

**13th November: World Kindness Day:** A day to promote kindness in all forms  
[Find resources here](#)

**2nd - 8th December: National Grief Awareness Week:** A week to normalise grief and break the taboo surrounding it [Find resources here](#)

