

the
PRODUCTIVITY
paradox

Today's hustle culture glorifies constant busyness and burnout, often overlooking the importance of balance and well-being. When you take time to care for yourself it is not a roadblock to productivity; instead, it is a driver of success.

Answer the questions below to gauge your view on productivity:

SHOULD I TAKE BREAKS DURING MY WORKDAY?

- Definitely!**
- I have no time to stop.**

Embrace the power of the pause. Short breaks allow your mind to recharge, improve focus, and reduce stress. Give yourself a few minutes to stretch, walk, or practice deep breathing to [boost your energy levels](#).

CAN I MAINTAIN WORK-LIFE BALANCE WHILE BEING PRODUCTIVE?

- That's my goal.**
- Balance is a myth.**

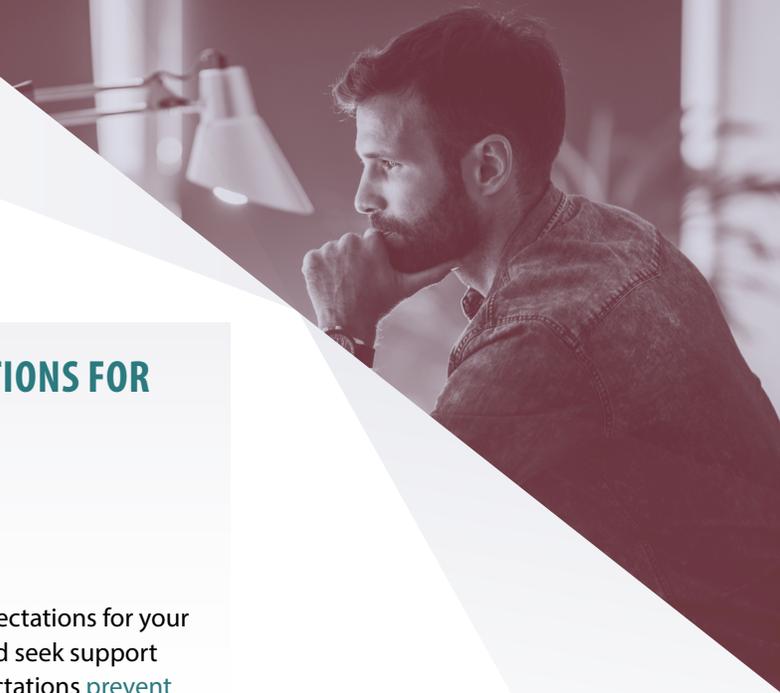
To bring your best self to work, communicate openly with your team and manager about your needs and outside responsibilities, prioritize self-care, and [set boundaries](#). Taking time off for personal or mental health reasons can be a necessary step in maintaining a healthy work-life balance.

IS THERE A WAY TO GET MENTAL HEALTH SUPPORT AT WORK?

- Seeking help is a sign of strength!**
- Work and mental health should be kept separate.**

Life can be hard. Finding quality, personalized mental health care doesn't have to be. Your Perspectives Assistance Program (EAP/MAP/SAP) provides support, counseling and resources to address the stressors that impact your health, in and out of the workplace. And it's provided at no cost to you.





IS IT POSSIBLE TO SET REALISTIC EXPECTATIONS FOR MY WORKLOAD?

- Absolutely!**
- Too late. I'm toast.**

Work with your manager to set achievable goals and expectations for your workload. Communicate openly about your workload and seek support with task prioritization. Self-awareness and realistic expectations [prevent burnout](#) and contribute to a more productive work environment.

SHOULD LEADERS PROMOTE THE IDEA OF PRODUCTIVE REST?

- Lead by example.**
- Productivity at all costs.**

Encourage your team to take breaks and prioritize their well-being. Celebrate their achievements, reinforcing the idea that productivity isn't solely tied to constant work. Recognize the value of rest in nurturing a healthy and thriving workforce. See how other leaders think about their well-being in our [Well-Being Spotlight](#).

IS IT OKAY TO TAKE TIME OFF FOR MENTAL HEALTH REASONS?

- Self-care is productive!**
- I must push through.**

Mental health is as important as physical health. Taking time off to focus on your mental well-being is a proactive step to ensure your overall health and productivity. Reach out to your Assistance Program for access to counseling, in-the-moment support and resources.

If you don't take time for your wellness, you will be forced to take time for your illness.

—ATTRIBUTED BY JOYCE SUNADA,
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Well-being and productivity go hand in hand.

Turn to your Perspectives Assistance Program (EAP/ MAP/SAP) for confidential support and resources.

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