



## October feature – Work-Life Tips

Many of us feel overbooked, whether due to busy work schedules, juggling the daily demands of family life, pursuing personal hobbies, or trying to maintain meaningful connections with friends. *inConfidence* can provide resources to guide you in managing competing priorities, staying focused, avoiding feelings of overload, creating more time for fun, and achieving a sense of balance.

Whether you're seeking information to help you address concerning stress levels, or you're simply looking for a few timesaving tips, *inConfidence* can help. Contact us any time, 24 hours a day, seven days a week, to speak confidentially with a caring, professional consultant who can provide expert advice and suggest practical resources.

**NEW!** Go online to your redesigned program website at [www.myinconfidence.ca](http://www.myinconfidence.ca) to listen to our full-length CD/audio recording, *Fitting Work and Life Together* (hard copy CD available for order after October 15, 2014). Cali Yost, author of *Tweak It* and *Work+Life: Finding the Fit That's Right for You*, shares get-started tips you can put into practice to help you fit work and life together – instead of seeing them as conflicting forces – and achieve personal and professional success.

You can also listen to a new podcast, *Ten Work-Life Tips*, or access educational resources related to this month's theme. (You may need to log in with your username and password the first time you click on a hyperlinked resource.)

- Read articles: [Time Squeeze Tips](#), [Overload at Work](#), [How to Love Your Job](#), [Finding More Personal Time](#) or [Five Ways to Simplify Your Life](#).
- Listen to audio files: [Simplify](#), [The Time Squeeze](#), [Working Fathers Working Mothers](#), [Simplify Your Everyday Routines](#) (podcast)
- Access booklets: [10 Ways to Overcome Overload](#)
- Document your life's joys in our popular [Gratitude Journal](#).

**Remember: inConfidence is here when you need us! Download our FREE mobile app for iPhone, Android and BlackBerry; simply search for "LifeWorks" in your device's app store.**

**Call inConfidence at 1-877-418-2181 anytime. TTY: 1-877-371-9978**

**You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca) or access via**

**Ceridian LifeWorks Mobile**

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