



Work-Leisure Balance Assessment

**Do you find it difficult to balance all the roles in your life?**

This questionnaire may help you to reflect about your work-leisure balance.

It will take around 5 minutes.

It is a prompt for thought, not a diagnostic test.

* Is your life out of balance? What do you need to change to regain your balance?
* Are you only just keeping things under control? Take control to improve your balance now.
* Have you achieved a good balance? Make sure you protect it.

**1. I enjoy my work and feel valued**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  not at all

**2. I enjoy hobbies and interests outside work**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**3. My life and work demands interfere with each other**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**4. I exercise regularly**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**5. I feel overwhelmed and exhausted by work**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**6. I manage my time effectively**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**7. My sessions run over, and I work through lunch breaks**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**8. It is difficult to get time off from work when I need to, as it is difficult to get colleagues to cover or find a locum**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**9. I suffer from headaches, poor sleep, fatigue, low mood, poor concentration, or tiredness**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**10. I drink more than the recommended limits of alcohol**

(14 units for women/21 units for men a week)

[ ]  yes

[ ]  no

**11. I am concerned about making mistakes at work**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**12. I usually have plenty of time to spend with my family and friends**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**13. I smoke or take non-prescription drugs**

[ ]  yes

[ ]  no

**14. My weight is within healthy limits**

(for women: BMI 19-24, for men: BMI 20-25)

[ ]  yes

[ ]  no

**15. I leave work behind when I finish and come home**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**16. I am focused and avoid getting side-tracked**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**17. I have control over my work pattern**

[ ]  a great deal

[ ]  a lot

[ ]  some

[ ]  a little

[ ]  almost none

**18. I have a positive attitude when things are difficult at work**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**19. I share problems with others**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**20. I can be assertive and say no if necessary**

[ ]  yes

[ ]  no

**21. I drink more than 3 cups of caffeinated drinks per day**

[ ]  yes

[ ]  no

**22. I miss important family events because of work**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**23. I worry about how I'll get everything done**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**24. I sleep well at nights**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**25. I feel guilty because I can't make time for everything I want to**

[ ]  a great deal

[ ]  quite a lot

[ ]  moderately

[ ]  a little

[ ]  rarely

**26. I am calm and do not lose my temper at work**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**27. I eat healthily**

[ ]  nearly always

[ ]  frequently

[ ]  sometimes

[ ]  infrequently

[ ]  rarely

**28. When I'm home I feel relaxed and comfortable**

[ ]  yes

[ ]  no



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