

FINDING YOUR BALANCE

Quarterly Strategies for Whole Life Effectiveness



SPRING 2020

PATHWAYS | COLLEGE COMMUNITY SERVICES

“WHY WORK-LIFE BALANCE IS A LIE, AND WHAT SHOULD TAKE ITS PLACE”

In this article by Steve Farber (2018), he outlines three steps to achieve happiness in all areas of our life:

1. *Work Harder at Loving Your Whole Life*—“Work” and “Life” are not mutually exclusive. “Love your job with sincerity and conviction. But also love your home life, and commit to that as well, unequivocally, all the time.”
2. *See Your Life as a Circle to Complete, Not a Finish Line You Aim At*—Life isn’t a straight line with a start and an end. Farber explains, “It’s more of a circle that contains everything that you do and care about, with you at its center.”
3. *Appreciate What’s Great About Doing the Work*—Farber challenges us to “experience feelings of commitment and attachment” to our projects, colleagues, and place of work to experience greater satisfaction. This will carry over into our personal relationships and home activities.

To read the full article, [click here](#).

START THE NEW YEAR OFF RIGHT

DISCOUNT GYM MEMBERSHIPS & WELLNESS DEVICES

Register/Login at anthem.com, go to the “Care” tab, and click on “Discounts” to see exclusive offers through our health insurance.

Discount gym, fitness center, and community center memberships are offered through Active & Fit Direct and Global Fit. Here are some links to get you started:

[Active & Fit Direct](#), \$25 enrollment fee, \$25 monthly fee

[FAQs](#)

[Global Fit](#)

[Explore Fitness Options](#)

[Personalized Virtual Nutrition](#)

[Discounted Home Equipment](#)

[Deals](#) in Travel, Spa, Apparel, Food, Attractions, & More

[Education Support](#) including BMI Calculator & Other Tools

[Eating Tools](#) including Jenny Craig, Prepared Food Delivery, & More

Discount wellness devices are offered through Fitbit and Garmin. Check out the options:

[Fitbit](#) (requires discount code from Anthem website to view)

- Save up to 22% on select Fitbit devices
- Purchase up to 5 Fitbit devices at a discounted rate
- 45-day Money Back Guarantee

[Garmin](#)

- Save up to 20% on select Garmin devices
- Free Ground Shipping on Orders \$25 and up

Here’s a bonus article to support your health and wellness goals:

[“The 10 Best Fitness Apps to Download in 2020”](#)