

Reevaluate Your Work-Life Balance This Labor Day

The actual value of the medal.

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More than just a bookend to the summer season, Labor Day is a celebration of workers' contributions to the well-being of our country and the economy.

Labor Day was first celebrated on Sept. 5, 1882, in New York City, in accordance with the Central Labor Union. On June 28, 1894, President Grover Cleveland declared Labor Day a national holiday. Now, the first Monday in September is annually dedicated to the hard work and achievements of American workers.¹

Work can be overwhelming, with the stress of a job overlapping into everyday life. It's easy to feel pressured into making your job your everything. The good news is, creating a more conducive work-life balance can benefit your well-being.

Improving a work-life balance takes time and often a little help. Try integrating checks and balances to help build up boundaries and refocus your energy as needed. Your overall productivity may even benefit from these changes.

Enjoy your Labor Day weekend, and remember to prioritize your health and happiness this year.

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Citations

1. U.S. Department of Labor, February 2004