

NEWSLETTER



Balance Your Life

About the Project

Balance Your Life is a 24-month Erasmus+ Cooperation Partnership promoting mental well-being, resilience, and a healthier work-life balance among adults across Europe.

Through education, practical resources, and digital tools, the project helps individuals and organisations prevent burnout, manage stress, and build healthier, more sustainable habits.

Stress, burnout, and work-life imbalance increasingly affect adults across Europe. Balance Your Life promotes practical solutions to support personal and professional well-being.

The project is designed for adults, educators, professionals, and organisations seeking to improve well-being, manage stress, and create healthier working environments.

Objectives

- **Promote Mental Well-being**
Raise awareness and encourage healthier approaches to mental well-being.
- **Improve Work-Life Balance**
Support adults in balancing their personal and professional lives.
- **Build Resilience**
Develop skills to manage stress and prevent burnout.
- **Provide Practical Tools**
Create accessible educational and digital resources for everyday life.
- **Empower Individuals & Organisations**
Encourage healthier practices and supportive environments across Europe.

Our Partners



First Transnational Meeting in Graz, Austria

On December 2–3, partners from Portugal, Austria, Croatia, Türkiye and Estonia gathered in Graz for the first Balance Your Life transnational meeting.

Partners worked on project coordination, dissemination, the Work-Life Curriculum, and the Digital Wellbeing Platform.

The meeting also included a Sound Circle session, promoting connection and reflection. This gathering strengthened cooperation and set the foundation for the project's next steps.



Kick-off Meeting

TPM 2



Second Transnational Meeting in Braga, Portugal

On May 12–13, partners from Portugal, Austria, Estonia, Croatia and Türkiye gathered in Braga for the second Balance Your Life transnational meeting, hosted by Associação From Body to Soul.

Partners reviewed project progress and worked on educational resources, dissemination activities, project management and upcoming actions.

The meeting also included a neuroart therapy session focused on emotional well-being and creativity, as well as a visit to Bom Jesus do Monte. The gathering strengthened cooperation and supported the project's next steps.

Explore the Balance Your Life Website

Visit the Balance Your Life website to discover more about the project, its objectives, activities, and progress across Europe.

Learn about the organisations behind the project, follow the latest news and transnational meetings, and explore the resources being developed to support mental well-being, resilience, burnout prevention and a healthier work-life balance.

The website brings together key information about the project and its results, helping you stay connected with the Balance Your Life journey and discover new opportunities to improve well-being in everyday life.



Discover the Balance Your Life Platform

The Balance Your Life digital platform is now available! Designed to support adults in building healthier and more balanced lives, it offers a free and self-paced learning experience focused on well-being and burnout prevention.

Explore four interactive modules covering Understanding Burnout, Healthy Work Habits, Time Management Skills, and Self-Care Practices, with videos, self-assessments, practical activities, worksheets and reflection exercises.

Create your free account, explore the resources and start building healthier habits at your own pace. Ready to find your balance?