



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Work-Life Balance Broken?

10 questions about overwork and personal life neglect

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is My Work-Life Balance Broken?

This screener helps you understand your current work-life balance. Answer honestly to get a clearer picture.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often find yourself working on weekends?
- Have you missed important family or social events due to work commitments?
- Do you feel you have no time for hobbies or personal interests?
- Do you frequently eat your meals at your desk while working?
- Do you constantly feel guilty about not working enough, even when you are not working?
- Do you regularly check work emails or messages while on holiday or vacation?
- Do you feel exhausted every Sunday night, dreading the week ahead?
- Can you remember the last time you felt truly rested and rejuvenated?
- Do you feel your relationships are suffering because of your work demands?
- Do you believe your physical health is declining due to your work schedule?

Score: Count the number of 'Yes' answers to understand your score.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Well-Balanced

Your work and personal life seem to be in good harmony. Continue nurturing this balance.

SCORE: 4-6

Slightly Off

There are some signs that work might be encroaching on your personal time. Consider making small adjustments.

SCORE: 7-8

Significantly Overloaded

Work appears to be taking a considerable toll on your personal life and well-being. It's time to re-evaluate priorities.

SCORE: 9-10

Critically Imbalanced

Your current situation suggests a severe imbalance, impacting your health and relationships. Seeking support is strongly recommended.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, sustainable success comes from balance, not burnout. Prioritize rest and rejuvenation as much as you prioritize your work tasks.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small change you can make this week to improve your work-life balance?

2. Which area of your life (relationships, health, hobbies) needs more attention right now?

3. How can you set better boundaries between your work and personal time?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Productivity Toolkit

Learn techniques to work smarter, not just harder.

₹499

2

Stress Management Guide

Practical strategies to cope with daily stressors.

₹299

3

Building Resilient Relationships

Nurture connections amidst a busy life.

₹399

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224