

Benton County Jail .pdf



Work-Life Balance - Showing Up Strong

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Division -- Spokane

Start Date -- 2026-02-10

Expiration Date -- Does not expire

Job Name -- Benton County Jail

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Attendance -- Roman Yunikov, Chris Jenkins

Comments:

Let's be real for a minute, not everyone shows up to work feeling the same way every day. It's true.

Some folks roll in ready to go, coffee in hand, fired up for the day. Others: not so much.

Maybe the alarm went off too early. Maybe the kids were up all night. Maybe money's tight, traffic sucked, or something at home just isn't sitting right.

That's real life. We all bring something with us to work.

Work-life balance doesn't mean life is perfect or stress-free. It just means finding ways to show up safely, do solid work, and still have something left in the tank when you head home.

Why This Actually Matters

When work stress and home stress stack up, it can lead to:

Short tempers

Distractions

Fatigue

Poor decisions

More mistakes and injuries

Taking care of your mindset isn't 'soft stuff.': It's a safety concern.

Simple Ways to Show Up Stronger

You don't have to fix everything overnight. Start small.

Control What You Can

You can't control traffic, weather, or every schedule change : but you can control:

Showing up prepared.

Asking questions.

Speaking up when something doesn't feel right.

That alone takes a lot of stress off the table.

Hit the Reset Button

Bad morning: Happens to all of us.

Take a few deep breaths.

Stretch before starting work.

Crack a joke or get a quick laugh with a coworker.

Sometimes a small reset is all it takes to turn the day around.

Don't Carry It Alone

If something at home is weighing on you:

Talk to someone you trust.

Let your supervisor know you're not at 100%.

Ask for help if you need it.

You don't have to share details, just don't suffer in silence.

Leave Work at Work (When You Can)

When the day's done:

Put the phone down.

Spend time with family or friends.

Do something that helps you decompress : music, working out, fishing, gaming, whatever works for you.

Rest matters.

Take Care of Your Body

Sleep, food, and hydration make a huge difference in mood and focus. Running on fumes makes everything harder, especially staying safe.

Remember This!

If you're having a rough day, you're not weak. If you ask for help, you're not failing. And if you see a coworker struggling, check in on them. We all want to go home safe, healthy, and in one piece, physically and mentally.

Take care of yourself. Take care of each other. And let's have a safe day, every day.