Work and Family

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Stress is sometimes a part of balancing work and family life. During the school year this balance is often a struggle for parents.

Parents work hard to provide their children with all their needs and at the same time manage their work schedule. This can be a difficult task when families are beginning a new day, children going off to school and parents off to work.

Is your house chaotic in the mornings because you are trying to get yourself ready and everyone else to do the same?

Are you stressed out at home and at work?

When family life runs a little smoother, everyone starts off with a better day ahead of them. Planning, leaves time for a more relaxed day instead of the anxiety which occurs from chaos and confusion as your family rushes out the door.

Family life can be very stressful at times. To find additional resources for your family you can look at the following website, The Family Education Network at:
www. families.com

If you or family member need assistance with a personal problem, contact your EAP representative at the above telephone numbers.

Being a working parent and maintaining a family can be very stressful. Although stress is sometimes difficult to avoid, there are many skills that you can use to cope with stress in a positive way.

Here are some ways to assist in reducing the stress of balancing work and family responsibilities:

- **Prepare for the next day the night before**
  - **-prepare lunches**
  - **-gather school materials for schoolbag**
  - **-lay out clothes the night before**
- **Establish a morning ritual with your children.**
- **Set aside a regular place to do homework**
- **Don't over schedule**
- **Healthy living**
  - **-eat nutritious meals**
  - **-adequate sleep is important**
  - **-regular exercise**
- **Schedule after school chores**
- **Develop a set time to do homework**

Another important part of reducing family stress is remembering to take care of you.

Here are some ways to reduce your own stress:

- **Set aside some personal time for you, to read a book;**
- **Listen to a relaxation tape or**
- **Exercise and**
- **Remember to schedule a vacation during the year.**