

Balancing Work and Family

HISD | Family and Community Engagement
EMPOWERING FAMILIES. ADVANCING LEARNING.



Norms



Stay engaged



Mute your microphone



Refrain from mentioning sensitive student and staff information



Write your comments or questions in the public chat space

Expected Outcomes

Participants will:

- Learn the pros and cons of being mentally strong and healthy during this time while learning ways to manage stress
- Learn helpful tips and strategies that can be used at home to manage work and family
- Learn ways to find time for yourself in this environment and activities to do (remotely)

Activity: Assess Your Current State of Life

- Do you get time for yourself?
- When was the last time you did something you enjoyed?
- Are you stressed and overwhelmed?
- Do you often wonder how other people manage with work and life?

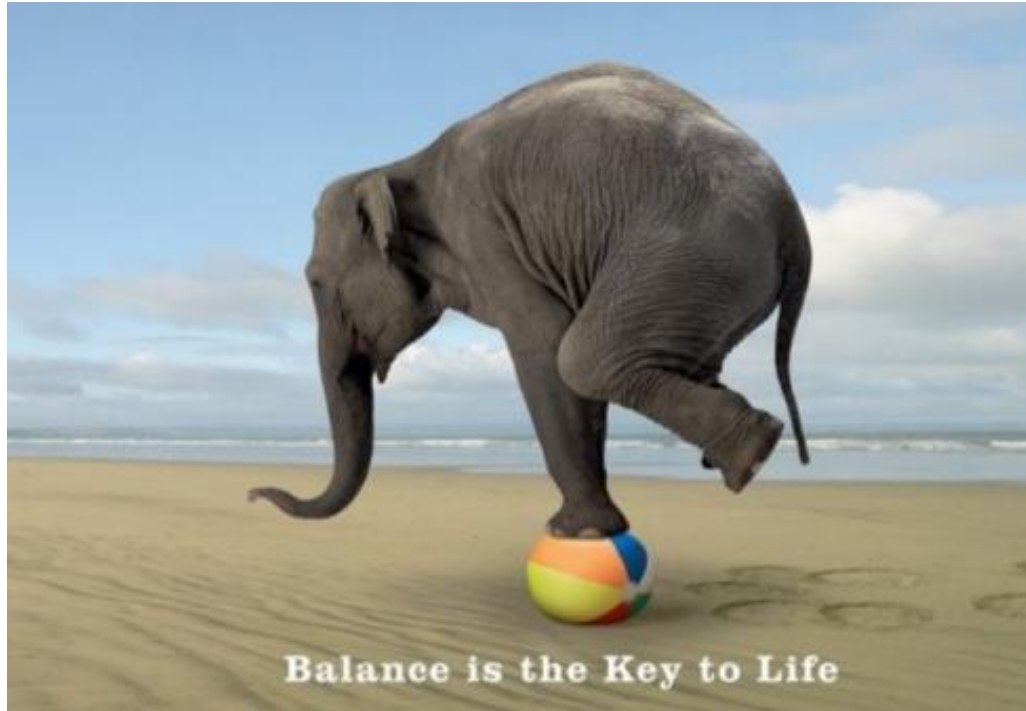


What is Work-Life Balance?



Work-Life Balance is a term used to describe the balance between workplace obligations and personal responsibilities.

Learn the Skill Balance



How Do you Know If you are Out of Balance?



- Most of us are trying to juggle a range of activities
 - Work/Career
 - Family Responsibilities
 - Sporting Activities
 - School studies and more

What are the Warning Signs for Your Overall Well-being?

Physical Signs

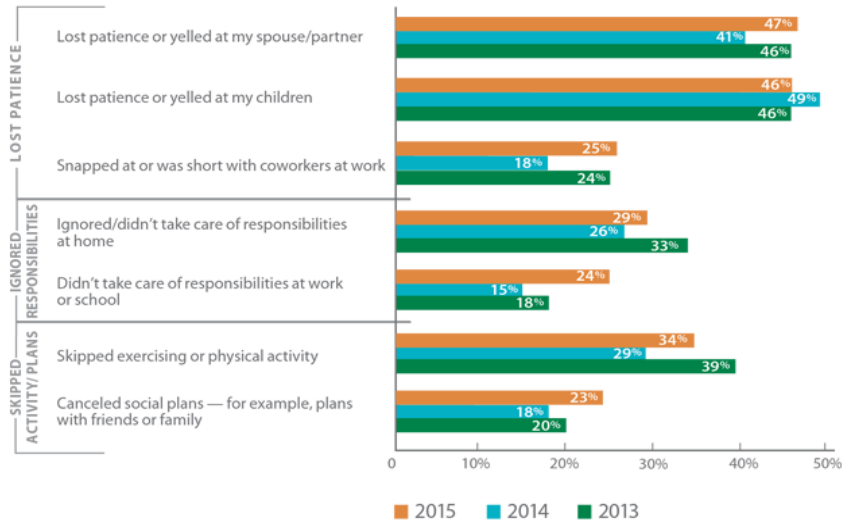
- High blood pressure
- Fatigue
- Insomnia
- Headaches
- Stomach distress

Emotional Signs

- Depressed
- Helpless
- Anxious
- Worried
- Loss of concentration
- Negative attitude/
thoughts

The Research:

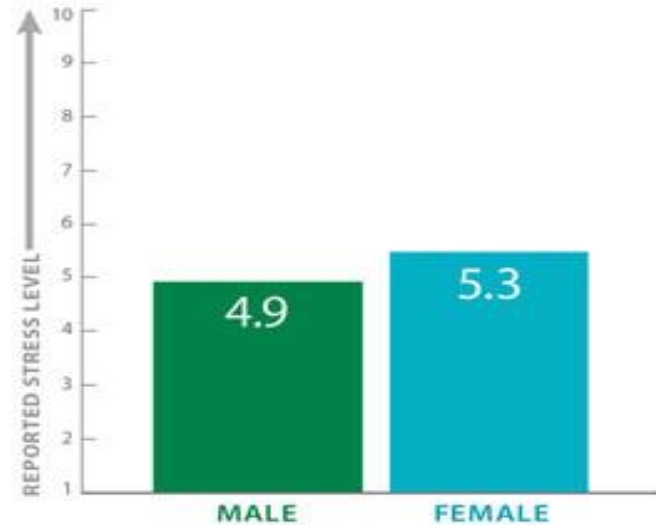
STRESS AFFECTS ADULTS' BEHAVIOR TOWARD OTHERS



BASE: ALL QUALIFIED RESPONDENTS 2013 (n=1950); 2014 (n=3068); 2015 (n=3361)

Q976 In the last month, when you were feeling stressed, did you do any of these things?

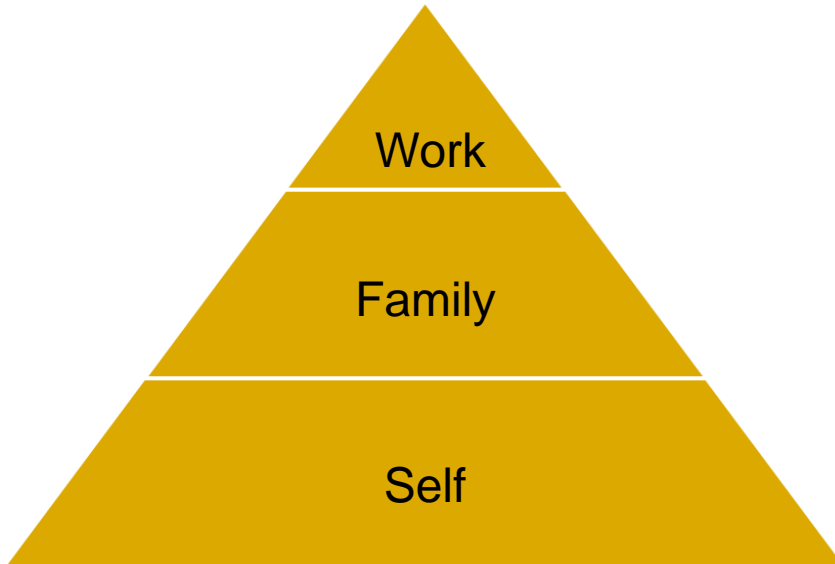
AVERAGE STRESS LEVEL BY GENDER



BASE: ALL QUALIFIED RESPONDENTS 2015 (Male n=1104; Female n=2244)

Q605 On a scale of 1 to 10 where 1 means you have "little or no stress" and 10 means you have "a great deal of stress," how would you rate your average level of stress during the past month?

Work-Life Triangle



Benefits of Work-Life Balance

At Work:

- Improve relationships with family and friends
- Better physical and mental health
- Positive choices
- More time to spend with love ones

In Life:



Feel rested and energized



Increased productivity



Greater career success



Performance boost

Healthy Habits to Start Balancing Work and Life

How to start:

- Wake up early
- Use a planner or calendar
- Assign chores to each day of the week
- Utilize “Time-Blocking”
- Avoid “Time-Sucker”
- Create your “Zone”



8 Ways to Spend More Time with Your Children

Take out

Game Night

Evening walks or bike rides

Workout

Coloring

Treat Night

Cook together

Just Play





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Thank You

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