

Parents Page

MAY 2019



WORK-LIFE BALANCE

Work allows you to provide for yourself and your family while also serving a purpose in the community, but when it takes over your life, it can negatively affect your health.

WORK-LIFE BALANCE IS IMPORTANT

Of adults employed full time in the United States, nearly 40% reported working at least 50 hours per week and 18% work 60 hours or more.



People who feel they have good work-life balance are more satisfied with their jobs, their life, and experience fewer symptoms of depression and anxiety.

WHAT WE'VE LEARNED FROM RECENT WORK HEALTH SURVEYS

More than half of the people who responded to recent Work Health Surveys say that they do unhealthy things (e.g. drink, use drugs, lashing out at others) to come with workplace stress.

Over 75% of people are afraid of getting punished for taking a day off to attend to their mental health.

More than two-thirds of people have had their sleep negatively affected by workplace issues.



People who work in manufacturing, retail, and food/beverage jobs were most likely to report that work stress "Always or Often" impacted their personal relationships.



HEALTH SUFFERS WHEN WORK TAKES OVER YOUR LIFE



The mental and physical health impacts of workplace burnout and stress are estimated to cost as much as \$190 billion per year (\$6,025 per second) in healthcare spending in the U.S.A



Poor work-life balance increases your risk for health conditions like sleep problems, digestive disorders, and mental health problems. This is especially true for people who work longer shifts or on nights and weekends.



Working overtime increases the likelihood of having symptoms of depression, especially in men.

PARENTS and WORK-LIFE BALANCE

Many parents are overworked and exhausted, surviving on minimal free time! The average mom gets only 17 minutes of free time to herself each day. It's essential that parents care for themselves - FIRST, for their own well-being, but also because any effort they put into self-care also has huge payoffs for their children. When parents "fill their own cup", they have more patience, energy, and passion to spread to their families.

New research shows that people can be taught to embrace self-care strategies to minimize effects of burnout, including depersonalization, emotional exhaustion, and stress perception.

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