



Mealtime Minutes

Managing Work/Life Stress

Managing work-life stress has become an increasing challenge for parents. All too often, stress from the work day spills over into family time and this can adversely impact the physical and emotional health of family members. Parents report that not being able to balance work/life stress is a major barrier to shared family mealtimes.

TIPS FOR PARENTS

- Develop a routine for transitioning from work to home.
- Make a conscious decision to create a boundary between work and home when you are with your family.
- Turn off your cell phone and put away your computer for a few hours.
- Before leaving work make a list of things that you need to do the next day.
- Changing out of work clothes is an easy way to transition to home.
- Let the work stress out—take a big breath before leaving work.
- Make a plan. Knowing that you have everything on hand for dinner can help alleviate post-work stress.
- Learn to say ‘no’ to additional time demands.
- Use a different tone of voice at home than you do at work.
- Focus on what you’re doing. Multi-tasking can add stress, not relieve it.
- Institute a no-screen rule at the dinner table—turn off phones, tablets, laptops, and televisions.
- Learn to ask for help. Kids as young as three can help around the house and with dinner preparations.
- Control your schedule—don’t let it control you. It’s ok to say no to activities and obligations.
- Help children learn how to transition from school to home—talk through strategies the whole family can use.
- Parents with flexible work schedules report having reduced work/life stress.

