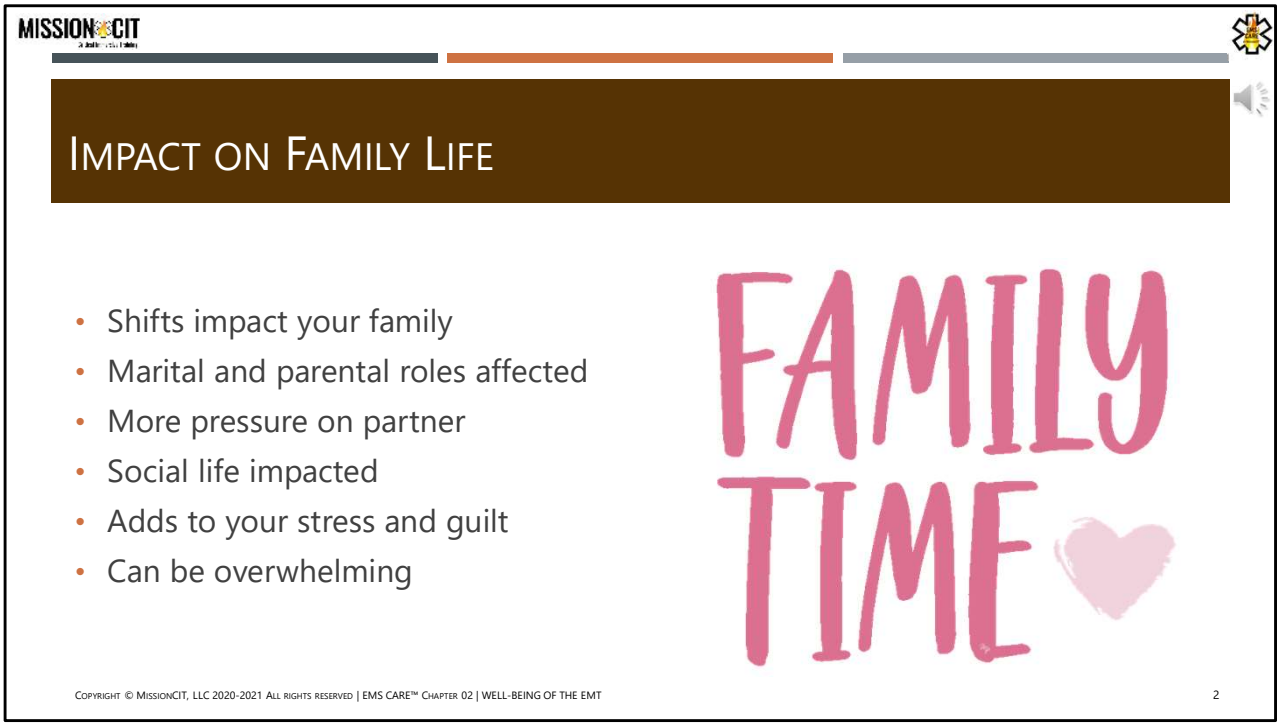


Thank you Justin!

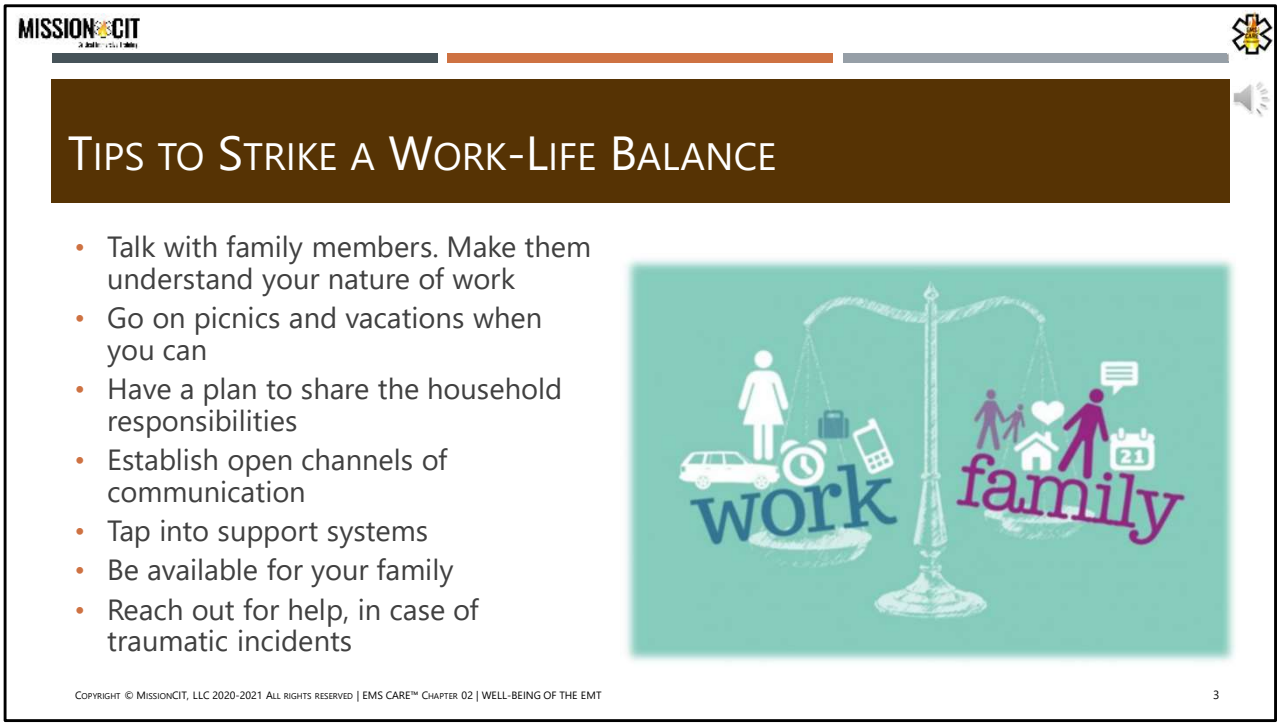
The nature of our work can keep us away from your family for an extended time, and in turn, can affect the relationship with your family members. Now, we talk about ways to strike a balance between work and family life.

Remember what's most important. Good studying.



Your 24-hour shifts and the ample rest and sleep you need during your off days can significantly impact your family life. In particular, your marital and parental roles can be affected, thereby putting a ton of pressure on your partner.

Your socializing time with friends and family members gets impacted as well. In the process, it adds to your stress and guilt and can overwhelm you quickly.



Here are some tips for a healthy balance between your work and family lives.

- Talk to your family members and make them understand the nature of your job. Highlight the vital role you play within the community and let your children feel proud of what you do.
- Take breaks and make it a point to go on a picnic or vacation at least a few times a year.
- Have a plan to share the household and parental responsibilities.

- Establish open channels of communication with your family members.
- Tap into support systems when needed.
- Be available for your family during your off days.
- Reach out for mental or emotional support, especially if you've had to handle any traumatic incidents at work.

While this is not an exhaustive list, it's a good start.

With this, we come to the end of this lesson, and Justin will take you through the chapter review next.