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# How Can I Balance My Work And My Family Life?

Glen Jenson

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**A weekly question/answer column**

**How Can I Balance My Work And My Family Life?**

*Glen O. Jenson\* answers:*

Americans are spending an increasing amount of time at work and less time on leisure activities.

Families are eating fewer meals together. American families have both or the only parent employed outside the home now more than ever, and when both parents work, less time is spent interacting with children, spouses and on domestic chores.

These factors all add up to the need to find a comfortable balance between careers and personal and family lives. Consider these suggestions.

- Be willing to make changes in your work schedule or commitment at home and at work.
- If you are married, work to maintain the marriage relationship at a high level of satisfaction for both partners. Reading, talking, attending seminars, spending time together and learning from others are excellent ways to improve a marriage.
- Examine the career path you are choosing to take and modify if it doesn't fit your goal of balance between work and family. Examine your expectations for standard of living as well as what things are most important to you, and redefine your goals if necessary.
- Reallocate the domestic work load, and if it becomes necessary, lower your expectations.
- Evaluate the domestic duties you can hire out or delegate to someone else.
- Work to improve time management, stress management and crisis management skills.
- Seek to have good feelings of self-worth. Practice sound health and fitness principles and be involved in providing meaningful service to others.

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\* Glen O. Jenson is Utah State University Extension Human and Family Development Specialist