

KEEPING YOUR BALANCE: FAMILY AND WORK

Working in a correctional facility can result in it's own unique challenges, but it is still possible to feel a sense of achievement and enjoyment in your work, family, friends, and self. The key is establishing a balance between work demands and personal life. What creates a balance for one may not work for someone else. Using some of today's Work/Life tips can help you achieve a more meaningful family and work balance.

Some tips include:

Tip 1: Becoming more aware and understanding of the differences of being “on duty” and “off duty”.

Tip 2: More open and frequent communication with your significant other.

Tip3: Focusing on physical fitness.

Tip 4: Leave it at the gate. Allow yourself to leave work when you walk out of the gate.

Tip 5: Look forward to going home, enjoying a good meal, watching a comedy show, or renting a movie.

We encourage you to visit the following web sites:

www.michigan.gov/corrections, click on “Human Resources”, then click on “Work/Life Services”.

State of Michigan/Employee Service Program's Systematic Stress Management Program at www.michigan.gov/esp and click on "Online Stress Management Program.

A future article will focus on managing finances. Ideas and suggestions can be confidentially e-mailed to me at LelandR@michigan.gov.