

Webinar Handout:

Impact of Covid-19 on Families and Work/Life



What Happens at Home Ends Up At Work

.... and vice versa. We don't leave our family struggles at the door when we enter work and our job impacts our personal life. The pandemic adds complexity when work and home become one.

Jobs and our personal lives are intertwined. Striving to find a perfect balance between two things which are not mutually exclusive leaves you in a perpetual chase mode. Understanding the areas in your work life and in your personal life that cause stress will enable you to seek tools to create a shift in those areas and experience peace. For instance, if **meal time** is chaotic in your home causing you to feel stressed, impacting your ability to end the work day and spend time with family, consider a shift in this area. Meal planning and prepping saves time and sanity. Enlist kids to help with the cooking. Consider picking up groceries curbside. Plan something relaxing for after dinner - a walk, listen to music,

1

PAUSE

When a stressful situation arises, take a breath. Most situations don't dictate an immediate response.

2

PROCESS

Make time to think through the situation and the multiple options to respond.

3

PROCEED

Move forward with the right tools to deal with a struggle so it doesn't deal with you.



Tech time?

Remote work requires more time being online. Consider limiting tech/ setting boundaries so off time can be unplugged.



Self-Care is Essential

Identify what refreshes you and make time to do it!



Ask for what you need

Apps, employee resources, talks with family & friends. Reach out for support.

practice a hobby. Consider dinner time to be a time where you unplug from work and electronics and focus on those around the dinner table. Have teens? Lead by example with a “no phones” at the table rule. If you live alone, consider unplugging and allow yourself to enjoy your meal and maybe some music.

You can’t control what happens to you but you can control how you respond.

Do you struggle with **quality time**? Consider asking your partner/spouse and your children what quality time looks like for them? Consider reading a book to a child at night and asking about their day. 15 minutes of uninterrupted time can do wonders. If you feel as if you give your spouse/partner time because you have been “binge watching” shows but they complain they never get time with you, ask them what would quality time look like instead of getting defensive and wondering “*how much more do they want from me?*” A walk around the block, talking while cooking a meal, sharing a hobby may be the quality time they are seeking. Often the disconnect is how two people see quality time differently.

Identify the areas you want to improve. Pick ONE to work on each month.

As the saying goes, “Rome wasn’t built in a day.” Small changes can have a big impact. If **time to yourself** energizes you, consider getting up a half hour earlier. Waking up may not be your favorite thing but if getting time for just you to be still before the day takes off is refreshing – you may gladly give up the snooze button for what that early time alone brings.

If your job impacts your ability to see a **child’s extracurricular event**, share your disappointment, validate their feelings and get creative to watch via FaceTime or create a special catch up time. Connecting afterwards to sit together, listen and engage creates a bond and a memory. We may desire to attend everything our children are in yet sometimes it just isn’t possible. It provides a life lesson to your child when communicated in a healthy manner. Your absence doesn’t signify your disinterest!

PERSONAL INVENTORY

Current state of my job/work experience	Desired state of my job/work experience
Current state of my personal life	Desired state of my personal life

*Circle the items you want to improve. Star the items going well.

Work on improving one circled area each month. Evaluate and evolve and then address a new area each month.

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