



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Alium Insurance Partners, LLC



MANAGING WORK-LIFE BALANCE DURING RETURN TO SCHOOL

According to a recent AARP and S&P Global study, 60% of women who juggle work and caregiving are providing more care now than pre-pandemic. But for anyone with caregiving responsibilities, balancing them with work can be a real challenge with no easy solutions. Work-life balance refers to a person equally prioritizing career demands with personal obligations.

A good work-life balance has numerous positive effects, such as less stress, lower risk of burnout and greater well-being. Whether you work from home or commute to your office daily, taking care of kids in school can be challenging. Follow these tips to help manage work-life balance during return to school.

Set a Schedule

Try to adapt your schedule around your children's activities. If you're fortunate enough to work a flexible job or in a remote environment, you may be able to shift your hours to accommodate your children's school and activity schedules. You may find it helpful to be home when your kids return from school each day. To accommodate for this, you could shift your work schedule to start earlier or work later.

This doesn't mean you should be sacrificing sleep. A lack of sleep can increase stress, affect alertness, distort memory and hurt your physical health. Since your children need more rest, plan earlier bedtimes to help you finish your work without sacrificing sleep. The ability to adjust your schedule may be dependent on where

you work and what your role is. Be sure to discuss any changes you want to propose with your manager.

Communicate Your Needs

Communicate with your employer about schedule changes during the school year. Your children's transition back to school can be a lot to handle for your family. Most employers are willing to help you adjust your day or provide necessary support and resources.

Get Help

Paying for additional assistance is not feasible for everyone, but if you can afford it, there are options available to help make life more efficient. There are services available to help shuttle kids to school, nanny and take care of other tasks, such as grocery shopping or picking up dry cleaning. Depending on your needs and financial situation, there may be services available to you.

Paying for an external service to help with certain aspects of your day can help you spend more time with your family.



Look at Your Workplace Policies

It's essential to be prepared for anything that may happen during your child's school year, including illnesses that may require you to take a leave of absence. Review your workplace policies to understand the resources at your disposal during back-to-school season. You should feel confident you're protected in an emergency. Contact your manager or HR department if you're unsure what policies are in place.

Prioritize Your Health

Adapting your schedule to that of your children can be ideal on paper, but it's important that you are still prioritizing your own health. This includes getting enough sleep, fueling your body properly, exercising and spending time outdoors. Set realistic expectations about what's possible during a typical day. Some days you may be able to prioritize your kid's schedule, while others may be geared more toward yourself. It's important to find a balance that works best in your life.

Contact Us

No matter what challenges you face during the school year, proper planning and communication are essential. Contact us today for additional assistance managing your work-life balance during the back-to-school season.