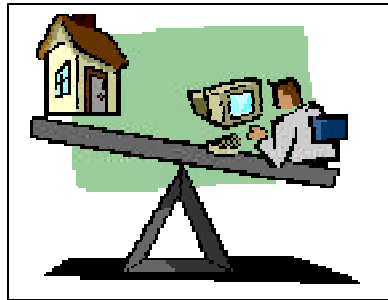


The Challenges of Juggling Both Work and Family Life



For everyone that has a family and maintains a job, there will be times when they feel stressed out about their conflicting obligations. Recognizing that we can never eliminate all of our stresses, we can try to manage it a little better.

The best resolution to this type of stress is to finding a balance that works for you and your family.

You can start by learning to recognize your own signs of stress and then dealing with it. If you are experiencing stress then try slowing down for a day or two and then make reasonable adjustments. Take time to reflect on your own schedule and what adjustments you can make to it as far as eliminating commitments, expectations or demands. Finally, try to deal with the feelings you are experiencing and don't be hard on yourself. It can help to talk to your family and let them know how you are feeling as well. Allow them the opportunity to help and support so that you can all find the balance that you are looking for.