



## Work life balance

Working at home and taking care of the children at the same time is not an easy thing, Don't forget that we aren't limitless. There is a risk of a mental overload at home. It's worth for all the families but even more for the fragilized families: dad or mum alone, or when parents are divorced.

You can have a real risk of burn out. Just tell yourself that you do the best you can but nobody can do the impossible. So avoid to feel guilty by not being perfect as parent and as worker.

You will read a lot of documents with advices (including this one) and may be you will think « easy to say but not to do ». First thing, do what is possible regarding the age of your children. We can't organize thing the same way if we have several children, if they are in first age, nursery, primary or secondary school. Take what you judge useful and adjust it according to the context you are in. And finally, you will do nothing perfectly. Accepting this fact is a relief.

With the children under 6 years old, you can't do more the 2 hours of work at home half an hour by half an hour. With children of 6/12 years old you can have 2 opportunities of 2/3 hours but it could be with difficulties. Parents of teenagers of more than 12 years old can have more time but forget about the 8 hours working day. It's unrealistic.

In terms of organization, you can work late at night or early in the morning, alternate with your spouse if both are working in home office. Whatever you choose, try to do a timetable.

## Advice to succeed as home worker

- As much as possible, organize a professional space separated of your personal life (room or a desk).
- Provide a good internet connection and communication tools with your colleagues.
- Set fixed time slots entirely devoted to your work, as if you were in a business, and warn your family that you will not be available, even if you are physically installed at your home. Ideally, turn off your Smartphone and any potential distraction.
- Replace what represents your preparation and transport time with an early moment for you, for breakfast, going out for a walk for example, so as not to go directly from bed to your computer
- If you like to wear good looking clothes and to make up, continue... !

Interesting internet links:

- <https://references.lesoir.be/article/confinement-8-conseils-pour-un-bon-equilibre-entre-vie-professionnelle-et-vie-privee/>



- <https://www.cnn.com/2020/03/23/how-to-deal-with-productivity-related-anxiety-during-covid-19.html>
- <https://www.now.be/confinement-32-astuces-pour-mieux-vivre-son-teletravail/>

Some ideas to take care of children and to work at the same time:

- <https://zuhaue.triki.de/>
- <https://www.unicef.de/informieren/aktuelles/blog/coronavirus-tipps-gegen-langeweile-zuhaue-212678>
- <https://www.one.be/public/detailarticle/news/coronavirus-idees-dactivites-pour-occuper-les-enfants-pendant-le-confinement/>
- <https://www.one.be/public/detailarticle/news/coronavirus-comment-concilier-teletravail-et-garde-denfants/>

In conclusion, this strange period can bring a new perspective on our way of life, on how you operate, how to approach your family, your job, your life. Don't be afraid, take the time to observe your children, to listen to them, observe them growing. Be creative, be new, see what we can miss and how the situation allows us to reconnect. This can help to find the balance we need. Because in reality, the work / life balance does not only hold in containment but also for our future .... because this containment will come to an end and there will be changes. Life will not resume as before but differently and in the positive sense if we decide for it.