



Build a better tomorrow

Let's be real: being a working parent is a tough managerial, leadership, and personal challenge for anyone. Employed parents face higher numbers of and longer exposure to stressors from the multiple roles they play, compared with nonparents, and they have less ability to access periods of recovery as a result. The responsibilities of work and home can mean more stress, which can prompt everything from insomnia and lowered immunity to mood swings and weight gain.

Pivot from professional to parenting mode

Whether you have one - or four - caring for a human while trying to maintain relationships at work and at home is a lot to juggle. There are endless to-do's, problems, and awkward situations. You are not alone if you feel tired or doubt your choices and performance. Whether you're experiencing a few challenges or you're completely exhausted, there are a few strategies you can implement to reduce stress and successfully balance your dual roles.



Did you know?

Most parents report that it is difficult to meet the demands of work and family, and 1 in 4 experience burnout at work.



Five things you can do to prioritize your mental well-being while juggling work and family life.

1. Set and maintain boundaries

You can be one person, with two distinct roles. Establish your priorities, so you can mindfully allocate your time and energy. Set your work schedule so it goes with the flow of your family life, and clearly communicate your boundaries to your team. Try designating “do not disturb” time on your calendar and avoiding checking your work email after hours.

2. Build a support network

Everyone needs a little help from time to time. Reach out to your trusted network to ask for help. Try the 8-c tool: career, colleagues, corporate, care, computer, clinical support, couple or co-parent, and community. Read more about the 8-c tool from [Workparent](#) by Daisy Dowling.

3. Practice healthy habits

Make time in your day to tap into things that fill your tank instead of drain it. Eat more vegetables, add small movement breaks into your day, and aim for 7-8 hours of sleep each night. Do things that bring you joy and give you a chance to relax – maybe it’s reading, listening to music, practicing yoga, or spending time in nature.

4. Take a pause

Take a moment to regroup. Linger in the office lobby, sit alone in your car for a minute or close your eyes and take a few deep breaths after shutting your laptop for the day. That last extra bit of time will help you move between worlds in a deliberate, authentic and confident way.

5. Use your mental well-being benefits

As a Providence member, you have access to programs and services across the behavioral health continuum, so you and your family can get the care you need. From personal health coaching, to digital apps, to crisis care, we offer support for everyone.



For information on your mental well-being benefits, visit

ProvidenceHealthPlan.com/members