

WORK LIFE BALANCE & MANAGING A CHRONIC ILLNESS

ANNE WROE



WORK LIFE BALANCE...

... means bringing work, whether done at work or home, & leisure time into balance to live life to it's fullest.

AJN, American Journal of Nursing:
Striving for work-life balance, 2012,
Simmons, Susan PhD, ARNP-BC

WORK FACTS

- Average New Zealander works 50+ hrs per week – 25th highest in OECD
- Those working full-time were less likely to be very satisfied
- Females were slightly more likely than males to be very satisfied
- Employed people aged 65 years + were most likely to be very satisfied
- Māori, followed by European/Other, were least likely to be very satisfied
- The Asian ethnic group & Pacific peoples were most likely to be very satisfied

Ministry of Social Development
Satisfaction with work life balance social report
2016

Kids First Always

Love What You Do

Keep Your Sense Of Humour

Book, Sun, Wine

Live, Love, Laugh

Give & Take

Work Hard, Play Harder

Never Work Full Time

Being Organised

Keep It Sensible

A Balancing Act

Poorly Co-ordinated Circus

Love, Eat, Pray

It Seems I Am The Juggler

No Such Thing

Shake It Off

Cheese, Crackers, Wine – Perfect Balance!

Work, Drive, Home

Remember Yourself & Your Needs

Let It Go

Part Time With No Overtime

Smile, Hope, Pray

Your Choice as in Work or Family

Try Sales Instead

Part Time Nurse, Over-time Parent

Pick & Mix

Look After Yourself



FACTORS THAT INCREASE STRESS


- Work & staffing patterns
- Work demands & patient needs
- Shift work, rotating shifts
- Psychological issues – isolation from family & friends
- Inadequate levels of staff
- *Patients who are hospitalised today are sicker than ever before, but their hospital stay is expected to be shorter & less costly*

*AJN, American Journal of Nursing:
Striving for work-life balance, 20125
Simmons, Susan PhD, ARNP-BC*

BURNOUT & OTHER HEALTH ISSUES

- Burnout is defined as a state of continual physical & mental exhaustion

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- Results in disconnection from both work & home
 - Workplace dissatisfaction
 - Increase incidence of mistakes & accidents
 - Person not being recognised for a job well done
 - New Personality Type (Type D) emerging
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HOME LIFE & BEYOND

- Economic problems
- Marital discord
- Daily chores
- Children's activities
- Ongoing adult education
- Elder care

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SELF-AWARENESS IS KEY

- Know who you are
- When assessing & reevaluating readjust the demands of work & home as much as you can
- Work & home life are both necessary, but they should be fulfilling and satisfying

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REFERENCES

AJN, American Journal of Nursing: January 2012 - Volume 112 - Issue 1 - pp 25,26, Education, Striving for work-life balance, Simmons, Susan PhD, ARNP-BC

Ministry of Social Development,
<http://socialreport.msd.govt.nz/paid-work/satisfaction-with-work-life-balance.html>

MY STORY



**“WORKING HARD FOR SOMETHING WE DON’T
CARE ABOUT IS CALLED STRESS:WORKING HARD
FOR SOMETHING WE LOVE IS CALLED PASSION.”**

Simon Sinek - Inspirational Speaker

“DON’T BITE THE HAND THAT FEEDS YOU, THEY SAID. BUT, WHAT IF THEY ARE CHEWING MINE OFF?”

Shareca Cole - Comedian, fiction & poetry writer

