Work and Family Life: Can it Really be Harmonious?

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When life happens…
It really is about our growth!
In today’s world life’s callings are seen to be in conflict.

- “Balance” and “Juggling”: are dominant metaphors.
- We *never* seem to have enough time
- We choose to feel *stressed*
- We show different faces in different situations
- We opt for impatience, anger, frustration, illness, exhaustion, depression
But “Conflict” can be a catalyst to remarkable growth & refinement!
Think Little
**Little BUT Intentional**

- The process of consciously choosing actions in order to claim blessings.

- Assumptions about intentionality
  - We are not the prisoners of our environments.
  - We are to act, not to be acted upon.
  - We are agents--free to make decisions, large and small, that often have predictable consequences.
The Significance of Everyday Life

- All we can give our children and our students is a compass, a knowledge of how to find their way in the unknown...

- Help our young people become aware of the value content of their everyday life, to recognize the value channeled through the simple operations we perform... - Dorothy Lee
1. Ordinary Rituals Mean Everything!

- Family prayer
- Family Home Evening
- Scriptures together on the bed
- Family dinner
Ordinary Rituals of Connection

- The power of the crossroad seconds!
  - Saying goodbye in the morning
  - Saying hello when greeting in the evening

- Checking in with your spouse during the day
- Tucking into bed & Pillow talk
Be flexible about HOW they happen.

Don’t be flexible about IF they happen!
2. Choose to create energy

- When we follow the Spirit we feel energized.
  - Reduce energy-depleting activities, including thoughts.
  - Increase energy-creating activities, including thoughts.

- Prepare to return home through Spirit-filled activities.
  - Save the best for last
  - Relationship enhancement activities
3. **Bundle: Do two or more things together in harmony**

- Seek a natural fit for bundling:
  - Exercise and bond with spouse
  - Make use of travel time
  - Take spouse with you on business trips
  - Work with your spouse & children on household chores.
Family work: For Our Sakes!

1) Family work leaves our minds free to focus on one another
2) Family work dissolves feelings of hierarchy
3) Even the smallest child can make a meaningful contribution -- Family work invites ALL to participate—from least to most skilled
4) Family work is a new invitation, over and over again to enter the family circle
5) Family work provides daily rituals of family love and belonging (a call to enact love).
6) Family work allows us to experience vulnerability and weakness—drawing us to God and to each other
4. Focus: One Thing at a Time

- Set clear boundaries among life’s callings: Time, Space, Energy
- Fuzzy boundaries lead to dissonance and conflict

Tips
- Take a real vacation
- Date nights and honeymoons
- Really listen to loved ones – no cell phones at the table
- Plan
5. Take care of yourself: 
Eat, Sleep, and Be Merry

♦ Choose to eat the right foods at the right times with the right people.
♦ Get enough of the right kind of sleep.
♦ Laugh heartily: It’s healthy.
♦ Exercise: Take a walk,
6. Simplify Your Life

- Adopt “voluntary simplicity.”
- Focus on your real priorities.
- Learn how to ask for help – and to say, “No,” kindly.
- Let go of material possessions.
- Outsource non-essential activities.
- Compose a life of modest means and focused time.
7. Choose to Work Flexibly

- Flextime
- Telecommuting
- Professional Part-Time
- Job Sharing
- Part-Year Employment
- Leaves of Absence
8. You’ll be amazed at the blessings of small things…

T.T.T.T.: Things Take Time

Out of Small Things…