

Homelife can affect your work too!



when *life* works better,
business works better

Pai ake te oranga, pai ake te pakih

We all need to talk about our work to some degree when we go home, and we can easily find ourselves bringing workplace stress into our homes. This is often seen as an acceptable way of de-stressing but when we say too much, our family members can suffer or feel powerless to help.

Sometimes we bring our concerns or worries from home to the workplace. More often than not our colleagues can tell something is not quite right. When the threshold between home and work starts to weaken, we become emotionally distracted and our productivity can wane.

Serious standout issues in New Zealand relate to alcohol abuse and domestic violence. The Health Promotion Agency reports around 20% of people in New Zealand "have potentially hazardous drinking patterns" (Ministry of Health, 2013). See more at: <http://www.alcohol.org.nz/research-resources/nz-statistics/new-zealand-drinking-patterns#sthash.OBBv1fYx.dpuf>. Women's Refuge refer to research that shows more than 30% of NZ women experience some form of violence in their lives. See more at: <https://womensrefuge.org.nz/WR/Domestic-violence/Domestic-violence.htm>.

The reality is that we can all expect to encounter major life issues at some time. They may originate at home or at work and can be difficult to deal with. Left unresolved, the issue is likely to grow as a result of the everyday stressors that are already present in our lives. We all have a finite capacity and once it has been exceeded, we no longer cope well with even minor disturbances.

Many issues trigger our emotional responses from the tone of someone's voice, to the behaviour of another person or the health of a family member. It is very important to be aware of how we are affected by both personal and professional influences in our lives. Developing the ability to act appropriately may present significant challenges. If loved ones, colleagues and staff members are uncomfortable about communication it is wise to consult a third party in order to develop a more impartial perspective of the situation.

For those of you whose company provides an Employee Assistance Programme (EAP) it is good to be aware that this service is confidential for you and your colleagues. Speaking with a well-trained professional allows you the freedom to explore emotions, change behaviours, and develop strategies for healthier living. You can cover professional issues such as conflict with colleagues, stress, burn-out, time management, workplace change, career choices, education and finances or personal issues that might include relationship concerns, parenting, aging parents, grief and loss, substance abuse, gambling, finances, mental health, physical health.

Asking for help is a positive step towards resolution. It is not a sign of weakness!

We encourage employees to seek assistance earlier rather than later when facing difficulties. You can consult with one of our staff here <http://www.vitae.co.nz/contact/counselling-form/>

If you need some support or are feeling overwhelmed by anxiety you can contact a Vitae Clinician by phoning 0508 664 981 or email The Vitae Team