



Balancing Work and Family During COVID-19

The American family is in a unique position right now. COVID-19 social distancing measures means that both school and work are happening (at least in part) at home for many families. On the surface, this might look like you and your family get to have more quality time together than ever before. Dig deeper, however, and you're likely to find a lot of stress and tension.

We love our family members, but spending a little time apart is good for relationships. Not only does it give you a chance to process and decompress, but it also gives you and your family members a chance to be your own person for a while. We need to create these opportunities now that they aren't built-in and take a new, flexible approach to family-work balance.

Here are some tips you can use to make this happen.

Establishing Boundaries

You have to find ways to create space and respect each other's needs.

- Consider waking up before your kids to build some alone-time into your [morning routine](#).

- Set up [your workstation](#) and your children's study space in separate rooms.
- If your kids are [old enough](#) to do so responsibly, encourage them to take walks or ride their bike solo around the neighborhood.

Staying Flexible

There's a wealth of uncertainty on the horizon. Here's how to cope.

- Encourage your loved ones to share their [concerns or anxieties](#) about the pandemic.
- Remind everyone to [keep a flexible mindset](#), as rules and conditions may change.
- Invest in [quality tech](#) so you and your family can stay connected during lockdowns.
- If your company is open to it, consider working a [non-traditional schedule](#) to get more quality time with your loved ones during the day.

Making Quality Time

Being in the same space is standard, now. Here's how to make it special:

- Start a new hobby together - yoga is a great fit for families looking to [stay active indoors](#).
- A [weekly game night](#) is a good way for everyone to cut loose in stressful times.
- Take a hike together to get some time outdoors and [explore a local park](#).

This is a tough time for everyone, but finding ways to lean on one another will get you through. Create opportunities for time apart, as well as meaningful time together. You'll look back on this time together one day — make choices today you can look back on with pride.

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