

20 SOLUTIONS FOR WORK-LIFE ROLE CONFLICTS

1. Decide not to do certain activities that conflict with preferred activities
2. Get help from someone outside the family
 - a. home maintenance help
 - b. child care
 - c. elder care
3. Get help from a member of the family
4. Get help from someone at work
5. Engage in problem solving with someone at home or work
6. Get moral support from a member of the family
7. Get moral support from someone at work
8. Integrate or combine roles
 - a. Involve family members in work activity
 - b. Combine work and family in some way
9. Attempt to shed societal definitions of sex roles, work roles or family roles
10. Negotiate or plan with someone at work so their expectations of you are more in line with your own needs or expectations
11. Negotiate or plan with members of your family so their expectations of you are more in line with your own needs or expectations
12. Establish priorities among your different roles so that you are sure the most important activities are done
13. Partition and separate your roles. Devote full attention to each role when you are in it
14. Overlook or relax certain standards for how you do certain activities
 - a. Let less important things slide a bit sometimes, such as dusting or lawn care
15. Modify your attitudes toward certain roles or activities
 - a. Accepting that quality of time with family is more important than quantity of time
16. Eliminate certain roles
17. Develop yourself and your own interests
18. Plan, schedule and organize carefully
19. Create greater focus on completing role requirements to your satisfaction
20. Develop greater tolerance for irresolvable conflicts