

MONTHLY WELL-BEING NEWSLETTER: FAMILY BENEFITS

Having a work-life balance can be difficult. Working parents or people caring for elderly family members can experience additional burdens.

Many organizations have EAPs that have great resources for parents and caregivers. You can also look at medical carrier resources for family health benefits. Find time to research these benefits. Understanding what resources are available can make a big difference.

ELDER CARE RESOURCES

- + **The Administration for Community Living** can help you find local resources on things like housing, elder rights, transportation resources and more. It can also connect you with eldercare locations for your family members.
- + Caring for our elderly family members can be stressful and costly. Take time to understand your options in your area.

CHILDCARE/PARENTING RESOURCES

- + **Tutoring services:** **Khan Academy** has free tutoring app and videos.
- + **College Savings:** 529 accounts are a great way to save money for your child's education. Check out this video to **learn how they work**.
- + **Child Health and Safety resources.**

PET RESOURCES

- + Pets are a big part of many families and taking care of them is a big commitment.
- + Pet insurance can help with the potential health issues of our furry friends. Learn more about Pet Insurance **here**.

LEARN MORE:

Everyone has different concerns when it comes to the needs of their families. One thing in common is that there doesn't seem to be enough hours in the day. Developing time management skills is crucial to getting everything done.

PRIORITIZE AND PLAN

- + **Identify top priorities both professional and personal.** This will help you focus your efforts on what is most important.
- + **Plan your week in advance allocating time for your different priorities.** Phone apps can be a great way to stay organized, **here are some of the highest rated digital planners**.

CREATE A ROUTINE

- + **Be consistent.** This will help reduce stress and avoid forgetting tasks.
- + **Block out time.** Setting specific times for different tasks creates accountability.

DELEGATE AND SHARE RESPONSIBILITIES

- + **Create an open communication on who is responsible for what.**
- + **Play to each others' strengths and preferences.** If you like cooking and your spouse doesn't, then take on that task while delegating something you dislike.

PRACTICE SELF-CARE

- + **Don't let yourself get burnt out.** Scheduling time for relaxing activities, such as reading, practicing a hobby, or exercising, are healthy ways to keep stress levels down.