

DON'T TAKE WORK STRESS HOME WITH YOU

Below are five ways you can minimize the impact that work stress has on your relationship with your significant other, family, and friends.



Confine your work to particular times and locations:

Make a rule to work from home only in exceptional circumstances, and keep work folders, computers, and notebooks at your desk. If that's not feasible for your position, designate a few hours each day for home life only. If you work at home, don't bring your laptop to bed or use it on your couch. Work in an office or specified workspace. Doing this will mentally help you shut off work when you leave the room, giving you an incentive to work as efficiently as possible.

Develop good mobile device habits:

Keep two separate mobile phones – one for work and one for personal use – and leave the work phone in an out-of-the-way place on nights and weekends. Never check your work email in the hour or two before bed. Studies have found that staring at a phone before bed can negatively impact your brain's ability to prepare for sleep, and sleep deprivation is linked closely to stress.

Establish a good support network:

To place all your work stress on a spouse or partner is unfair to them and dangerous to your relationship. Develop a support network of friends and mentors who can help you manage your professional stress so that it isn't the burden solely of your significant other.

Have an end-of-work habit:

Sometimes your brain needs a signal to prepare you for time at home. It's even better if this signal can help you decompress. Think about what helps you unwind, and find space in your schedule for this habit – particularly at the end of a long day at work – so that when you return home you're free of the baggage that's built up throughout the day.

Create a third space:

Having a third space outside of work and home can help enormously with stress management. Each partner in a relationship should maintain habits and times that allow them to explore their interests, relax and seek fulfillment, and find space outside of home and work. They are important for maintaining our identities and our sense of peace. Third spaces means no person runs from responsibility to responsibility without having time to breathe.

Sources: Harvard Business Review