

## Tip sheet

# Home affects the workplace

It's easy to bring the stresses of the workplace home, which can lead to us venting with friends and family. While it's helpful to share what is going on at work, it can cause worry and lead them to feel powerless to help. We may need different people to talk with.

### Cross-over between work and home

Sometimes we bring our concerns or worries from home to the workplace. Our colleagues can usually tell that something isn't right and support in the workplace can be useful. However, boundaries between home and work can also become blurred. These domains have also become closer when people work from home.

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

#### Some signs that our work is affected include:

- a lack of concentration or focus;
- increased mistakes at work;
- being late or absent more frequently;
- feeling overly emotional at work.

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. Counselling covers professional issues such as conflict with colleagues, stress, burn-out, time management, workplace change, career choices, education, and finances. Personal issues might include relationship concerns, children and adolescents, aging parents, grief and loss, substance abuse, gambling or overall health.

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 those around us are concerned about us and there is more that needs to be shared than at home or with colleagues, it is wise to consult a more objective perspective.

Vitae services are confidential for you– and you can speak to us about a range of personal and workplace issues. These sessions allow you the freedom to explore emotions, change behaviours and develop strategies for healthier living.



#### Contact

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