



## Men – providing for the modern family

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### Have you ever heard of the term “work life balance”?

For us blokes finding the balance between work and life can be very daunting. Working long hours providing for our families takes a toll on us physically and mentally. The pressure to be good at our jobs, to keep the boss happy, means we are working more and living our lives less. The cost of living is increasing which means more pressure to provide financially.

As men we know that our first and foremost responsibility is to provide financially for our families. We feel if we have met this goal our jobs as fathers and as husbands are done. Our families may feel secure financially but emotionally we have left them high and dry.

Providing for the modern family requires us to be more than just money earners. As dads our kids want our time. They want us to play with them, do things together with us. Sometimes we get caught up in buying our kids the latest toy, the newest gadget. Mistakenly we feel that this will keep our kids happy. It makes us feel good that we have given our kids what we think they really want. What our kids need is something us time poor dads don't have a lot of, time. Kids don't spell love – L.O.V.E, they spell it T.I.M.E. The more time we spend playing and interacting with our kids, the more they feel and know we love them.

Our partners also need our attention. Like you, they are working hard to provide for the family. For some men the ability to focus and listen after a day at work is non-existent. We have spent all our energy reserves listening and focusing at work. By the time we get home we have nothing left to give. It can feel overwhelming to come home to the family who need more of our attention. We need to switch off and recharge so we can be fresh for the next day. We worry that if we don't restore our listening/focusing energy stores we may fail in our jobs. If we fail at our jobs we can no longer provide financially for our families.

The key in balancing work and home life is awareness. We need to be aware that as much as work demands our attention, we have a home as well. As blokes we need to get out of the head space that financially providing for our family is our only job. Our families need more from us than just our money to feel loved. They also require our time and our attention. This may seem like more work however it is just as critical as making money.

Make time to be with your family, go out together or spend some one on one time with your kids. Take the time to listen to your family and show a real interest in their lives. The more time you invest into your family, the easier your life as a dad will be.

**For more ideas on how to balance work and life call Life Resolutions Miranda on 9690 5888 and make an appointment with one of our friendly Psychologists.**