Managing Work & Life While Working Non-Traditional Hours
A Few Facts

• Fewer than a third of American employees work the standard 35 or 40 hour work week; two-fifths work evenings, nights or weekends

• 1 in 3 parents with young children holds a job that requires early morning or late night shifts
Objectives

• Recognizing the challenges of shift work
• Balancing your personal/work life
• Managing family and home life
• Providing additional resources
• Your objectives?
Recognizing the Challenges of Working Non-Traditional Hours

• Work productivity
• Mental/Emotional
• Physical
• Social
• Others?
Sleep Tips

Getting a good day's sleep!

• Plan ahead
• Establish a routine
• Sleep strategies
Eating and Nutrition Tips

• Plan ahead
• Eat healthy
• Establish a routine
• What to avoid
Exercise Tips

• Find the time; make exercise a priority
• Something challenging, yet fun
• Maximize your time
• It doesn't have to be a solo activity
• Exercise for sounder sleeping
Tips for Personal Relationships

• Plan ahead

• Communicate
  • Phone home
  • Share experiences and feelings with your loved ones

• Prioritize

• Date planning

• Share responsibilities

• Make plans with other night workers
The Dependent Care Challenge

Child Care
– Finding care during unusual hours
– Preparing your child for longer hours with caregivers
– Preparing yourself for long hours away from your children

Adult Care
– Transportation
– Meals
– Medication
– Loneliness
– Safety
On the Job Coping Tips

• Be positive
• Relieve stress
• Communicate
• Multi-task
• Temporary fixes
Making the Transition to Non-Traditional Hours

“The only one thing I can change is myself, but sometimes that makes all of the difference.”

--Anonymous

• Be proactive

• Change what doesn’t work

• Call WorkLife4You for assistance
Resources and Support

• Friends and family
• Your employer
• Internet
Let WorkLife4You
Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA - (1-877-954-6622)
(TTY: 1-800-873-1322)

http://www.worklife4you.com

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