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Aussie parents fail at work-life balance

A recent Officeworks study¹ has raised concerns about values that are being instilled in the next generation, with nearly three quarters (73%) of parents admitting to foregoing personal interests for work commitments or to finance “more important” things.

The national survey of 1,000 Australian adults also revealed that nearly two thirds (65%) of participants identify their loved ones as the greatest drivers behind pursuing a passion - highlighting the role parents’ play in fostering a healthy work-life balance in younger generations.

Officeworks spokesperson and Happiness Institute Wellness Expert Dr Paula Watkins said this approach to work is becoming a cultural norm in Australia, with parents unaware of the positive impact pursuing pastimes or creative outlets can have on their wellbeing.

“Feeling time-poor is a widespread complaint but there are simple changes parents can make to encourage their children to create a healthy balance and achieve higher levels of fulfilment later in life,” said Dr Paula.

With more than half of Australians stating they’re more inclined to pursue a passion at the weekend, Dr Paula said the Easter break is the perfect time to discover new interests or pick up a project that has fallen by the wayside.

“Being present during family-time is incredibly important and sharing a common interest is a great way to achieve this. If getting outdoors is something you enjoy, Easter is a great opportunity to go camping and switch off from your phone, emails and other pressures.

“In addition to the occasional extended break, Australians could be combining their loves and incorporating interests into daily life by signing the family up to a club or volunteering for childrens’ activities such as coaching a sports team.”

According to Dr Paula, the current situation of parents failing to pursue the things they love is concerning for generations to come.

The Officeworks study highlighted the problem also exists in younger Australians, with 85% of Gen-Ys saying they have also stopped pursuing interests that they are passionate about because they feel they should be spending money on “more important things” or using their time to complete work or home duties.

Dr Watkins said the financial pressure felt by young adults as they attempt to enter a competitive housing market, travel to exotic destinations and try to keep up in an increasingly commercial world, has shaped the perception that financial wellbeing should surpass creative pursuits.

For Dr Watkins’ tips on how Australians can incorporate their interests into everyday life, head to Officeworks’ blog, [The Office Space](#). For Australia’s widest range of products at the lowest prices, to help Australians pursue their passions, check out officeworks.com.au

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Notes to editor:

¹Lonergan Research conducted among 1,025 Australians (aged 18 years and over). Fieldwork took place between 19-24 March 2015.

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