

Excerpts from the Godsend Psychological Services eNewsletter
June 2015

What Men Need to Know

For the first time in polling history, Men experience more work/home conflict related Stress.

At higher rates than ever, men want to be at home, having a part in raising their kids.

They don't want to just show up at sports games, and think they're the world's best dad.

Men are less likely to recognize or report the effects of stress on their health.

Contributing Factors

Money is a pretty big incentive to stay outside the home.

Currently, men are at work longer, leaving them less time to help around the house or spend time with the kids.

Even if they are willing to help, they're in another place.

For Dual Earning Couples

Men are **2X** as likely to say that they are unhappy with their lives than women.

Men still work outside the home **11** more hours than their partners.

This makes work/home conflict a big deal for men.

Stress + Relationship = Communication Breakdown

Woman: "Support me more."

Man: "But you always tell me I'm doing it wrong."

There's Hope

Many work places now offer men pregnancy leave if their spouse is expecting.

Sometimes progress comes in fits and starts.

Don't give up on trying to achieve a more balanced work/home ratio.

Adjusted per family income is on the rise.

3X as many father's spend time with their kids than in 1965.

Seek the help of a professional counselor if stress interferes with your self care, work life, or relationships.

See my article "Men and Depression" at www.godsendpsychologist.com

Source: <http://stressexperts.co.uk/men-and-conflict-related-stress/>

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