

8 Ways to Live Better in '07

BALANCE WORK AND FAMILY

Many men are imprisoned in the "don't give a crap" trap. Your boss doesn't give a crap that you have a family. Your family doesn't give a crap that you have job responsibilities. You cannot change how any of these people feel. So you have to change. Unfair? Maybe. But make the following effort and everyone will watch you go (and come) home happy.

Leverage every company policy available. Flextime, child-care leave, and work-from-home programs are common now. They don't want to lose you, so negotiate some flexibility that gives you family time and still allows you to finish your work, says Fred Van Duesen, of the Center for Work and Family at Boston College.

Do your work each day. Be aware of how you spend your time at the office, and cut the nonsense, like obsessively checking e-mail or surfing the Web. The more efficient you are from 9 to 5, the more you'll get done, and the less of a problem it'll be to leave at 5:15.

Leave work when you leave work. If you bring the stress of your job into your home, it's no fun for you or your family. "If you're harried or thinking about work, it's worse than not being there at all," says Quinn Mills, Ph.D., a professor of business administration at Harvard business school.

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