5 Bad Habits Not to Bring Home From Work

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Your home is a sanctuary—a safe place for you to relax, to recharge, to refocus your life, to bond with family or a loved one, and much more. We spend the most times (of our lives) in our homes, or another person's home. From this perspective the home serves as a base for your livelihood. If you are married with children, a home becomes of paramount importance to your family's livelihood—ask any parent who has come close to being homeless, let alone been homeless. A home provides a platform (a base) for your family to thrive. A respectful home, however, provides an assurance for your family to thrive and succeed.

A parent's primary goal, regarding a home, is to create and maintain a stable environment for children to grow. Without the stability factor, a home is just another place where you are not fully relaxed, where you cannot adequately recharge, where you are not focused on things that matter, and where you cannot bond with a loved one—just another place! While there are many external factors that can destabilize a home environment, several of these factors represent bad habits and attitudes that we often bring home from work (a place where many of us also spend a great deal of our time).

> **Respect Fact**
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> **Respect begins with the right attitude. Your environment can shape your attitude consciously or unconsciously.**

One — Bringing workplace profanity home.

Believe it or not, there is such a thing as workplace profanity—foul language that is not appropriate for a work environment. I'd love to give a few examples, but I am much too courteous than to do that! The key question here is: why would foul language that is inappropriate for a workplace be appropriate for your home—for your children to hear and internalize? Quite often, we engage in all sorts of conflict at work, and sometimes these moments of conflict bring out colourful language in us—often profane. Over time a habit of workplace profanity can make its way into your home and ultimately into the impressionable minds of young children.

Two — Bringing workplace conflict home.

Conflict in a work environment is very common. As long as you have people who are immature, undisciplined, unqualified for a role, or unaware of the larger context of a work environment, there will always be potential for conflict. And, as long as you have opposing points of view, there will always be conflict in the workplace. However, what happens when a spouse brings a "conflict" home? The stability of the home becomes exposed and potentially undermined. While it is perfectly okay to occasionally discuss a workplace issue with a spouse, as a way to seek trusted counsel and garner emotional support, it can be very damaging when a heated workplace conflict becomes front and center in your home. This situation can suck the oxygen out of a stable home environment, if unmanaged. The conflict was there at work before coming home, and it will be there at work the next day. It is always better to resolve a workplace conflict at work, and not try to rehash it at home.

Three — Bringing work home.

Your home is a sanctuary and not an extension of your workplace. We all need personal time and family time and a home provides an environment for this. Of course, we live in the 21st century and working from home (telecommuting) is an increasingly popular trend—and quite often productive. Also, running a small business from home is quite popular and convenient for many. Even with these popular trends, the bad habit of bringing work home still applies. Whether you physically leave your home and go to work, or step out of your bed and go to "work", when work time is over, it is over! There are more important times than work time, and personal time and family time are two such times—your spouse needs you, your children need you, and you need "you". Studies have shown that when you are able to balance your work time with your family (or personal) time, you are more productive with work. When work time dominates your personal and family time, there will be consequences—and bringing work home, or working at home beyond your work time schedule, can help realize bad consequences.

Four — Bringing the wrong foods home.

Free food—awesome! Who does not like free food, especially when there is plenty of it and it is good for your health? When a workplace meeting or event ends and there is plenty of leftover food, it is normal to encourage employees to help themselves. After all, why let good food go to waste? When there is enough leftover food to take home, our eyes often get the best of us. Taking home foods that are not good for your health, especially if you or your family are on a health watch, can be detrimental to a stable home environment. So, leave the donuts behind. Leave the sugar-laden cookies, the oily potato chips, your coworker's birthday cake, that greasy pizza and other tasty treats. Your spouse and kids can do without them, and you can too!

Five — Bringing a workplace mentality home.

A work environment is a place designed to serve the needs of paying customers. A home environment is a place designed to nurture us and each member of our families. While there are similar characteristics between these two environments, the mentality required to achieve the objectives of each are quite different. Your spouse is not your employee—but your partner. Your children are not your employees either—but your offspring requiring your love and care. The rooms in your homes are not offices (unless you maintain a home office), but instead, they are sanctuaries. A home requires a mentality of love and respect.

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About the Author

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