

# Work-life balance. Measures to help reconcile work, private and family life

The briefing examines how in Europe, more than one worker in five expresses dissatisfaction with their work-life balance. Conflicts between work and other aspects of life can be caused by long hours, difficult schedules or intense periods at work, as well as by the demands of unpaid work in the home, particularly domestic chores and the care of children and the elderly. A good work-life balance promotes the well-being of workers. Achieving work-life balance can be made easier by family-oriented policies such as social benefits, employment-protected leave for parents and affordable formal arrangements for family care. Flexibility in the organisation of work (part-time work, flexible working time and telework) can also have an enabling effect.

**Format:** pdf-file

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## Weblinks

[Website](#)



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## Metadata

**TYPE:** Other

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**LANGUAGE:** English

**COVERAGE:** Europe

**SECTOR:** [Employment](#)

**FORMAT:** Newsletter

**KEYWORDS:** [family](#) [reconciliation of work and](#)  
[child care, worker](#) , [family leave, employment, family](#)