

# Work/Life Balance

## Internal Resources

[Employee Wellbeing Resources](#)

[Office of Diversity](#)

[CC Diversity Toolkit](#)

Geriatricians/Eldercare services

Courses

[Center for leadership and learning](#)

[Cleveland Clinic Academy](#)

Childcare services

[List of Mentors](#)

## External Resources

- The Medical Marriage: Sustaining Healthy Relationships for Physicians and Their Families (Paperback) by [Wayne M. Sotile \(Author\)](#), [Mary O. Sotile](#)
- Doctors' Marriages: A Look at the Problems and Their Solutions by [Michael F. Myers](#)
- Intimate Relationships in Medical School: How to Make Them Work (Surviving Medical School Series) (Paperback) by [Dr. Michael F. Myers](#)
- [Work/life Visions](#)

## References

**Caregiver burnout-** [Ohio Department of Aging web site:](#)

**Fresh ideas about living-** *Life Makeovers: 52 Practical Ways to Improve your Life One Week at a Time* and *Take Time for your Life: A Personal Coach's 7 Step Plan for Creating the Life You Want*, both by Cheryl Richardson.

*Repacking Your Bags: Lighten your Load for the Rest of your Life*, Richard J. Leider and David A. Shapiro.

**For help with Stress and Burnout:**

*The Relaxation and Stress Reduction Workbook*, 5th edition, by Martha Davis, Elizabeth Eshelman, and Matthew McKay.

*Stress and the Healthy Family*, by Dolores Curran.

*Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality*, Brian Luke Seaward, Ph.D.

Loretta La Roche's DVDs and CDs—Try *The Joy of Stress* (DVD), *Humor Your Stress: Jest for the Fun of It* (DVD) and *Relax, You May Only have a Few Minutes Left* (CD).

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## References (continued)

### For Support with Parenting:

- *Survival Tips for Working Moms*, by Linda Goodman Pillsbury, Perspective Publishing.
- *401 Ways to Get Kids to Help at Home*, Bonnie McCullough and Susan Monson, St. Martin's Press.
- *Battles, Hassles, Tantrums and Tears: Strategies for coping with Conflict and Making Peace at Home*, Susan Beekman and Jeanne Holmes.  
[www.qualityparenting.com](http://www.qualityparenting.com) - Practical guidelines for turning your ideals into concrete action, with communication that demonstrates and fosters mutual respect. [www.parenting.ivillage.com](http://www.parenting.ivillage.com)

### “Sandwich Generation” Responsibilities:

- *How to Care for Aging Parents*, by Virginia Morris.
- *Caring for Yourself While Caring for Your Aging Parent: How to Help, How to Survive*, by Claire Berman.
- *Boomerang Kids...When Adult Children Return Home*, WorkLife Publications.

### Kim's Favorite Skill-Building Books on Parenting, Discipline and Communication:

- *How to Talk so Kids will Listen and Listen so Kids will Talk*, by Adele Faber and Elaine Mazlish.
- *Siblings Without Rivalry*, by Adele Faber and Elaine Mazlish.
- The Positive Discipline Books, by Jane Nelson and others. Titles include *Positive Discipline for Single Parents*, *Positive Discipline for Parents of Preschoolers*, *Positive Discipline A To Z* (this is a terrific reference arranged by topic: what to do about lying, tantrums, curfew violations, etc.) *Positive Discipline for Teenagers*.
- *Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family*, by Margaret Newman.

### Guided Imagery

- *Health Journeys* guided imagery CDs by Bellaruth Naparstek. The one that we listened to was called *General*
- *Wellness*. These materials are the “gold standard” for guided imagery and are in use at hospitals around the nation including the Cleveland Clinic's Alternative Medicine Department.