

## **How Family Life influences Work Life: Insights from the Work-Home Resources Model**

Danyang Du

1. Even when the family is far away from where one lives and works, ruminating about family during work undermines the use of job resources and impairs job performance. (*dit proefschrift*)
2. Realizing that our children make us happy and proud results in better functioning at work. (*dit proefschrift*)
3. Repetitive thoughts about family issues transmit family demands overnight to the work domain. (*dit proefschrift*)
4. Social sharing of positive events with significant others at home transfers positive experiences in the home domain to the work domain. (*dit proefschrift*)
5. Individuals who give work a central place in their life are better able to psychologically detach from negative major life events, resulting in an effective strategy to mobilize their psychological resources. (*dit proefschrift*)
6. At some point, you just have to let go of what you thought should happen and live in what is happening (*Heather Hepler*).
7. A family in harmony will prosper in everything. (*Chinese proverb*)
8. Work is not the opposite of life, but a part of life.
9. Rethinking the work-life interface: It's not about balance, it's about resource allocation. (*Grawitch, Barber, & Justice, 2010*)
10. Nobody is too busy, it's just a matter of setting your priorities straight.
11. He is happiest, be he king or peasant, who finds peace in his home. (*Johann Wolfgang von Goethe*)