

Ways to Reduce Everyday Stress

DO...

- › Get up 15 minutes earlier
- › Keep things in perspective and accept what you cannot change (the other line always moves faster, etc.)
- › Learn to say NO to extra activities
- › Join a parent support group
- › Spend time with friends—have a potluck supper to make it easier on yourself
- › Set realistic goals
- › Prioritize tasks, putting your energy into things that bring the most benefit
- › Simplify meal times by making out your shopping list with easy meals in mind, and cooking enough one day for leftovers the following day
- › Ask friends or family for help with errands, cleaning or child care
- › Eat well-balanced meals and drink plenty of water every day
- › Get enough sleep
- › Exercise because regular exercise relieves stress, lowers the risk of depression and anxiety, boosts your immune system, increases energy, and sets a good example for your children
- › Attend worship services, if religious
- › Break big jobs into sections and focus on one section at a time
- › Combine activities when possible. For example, walk the dog with the children and talk to them about their day while you walk.
- › Chose a hairstyle that is easy to maintain and clothes that don't need special care
- › Have a desk, table or other place where all bills and important papers can be organized and addressed at a regular time
- › Follow a set schedule. When children know what to expect, mealtimes, bedtimes, chores and homework are less stressful for the whole family
- › Keep a small calendar with you at all times to keep up with appointments
- › Make duplicate keys for home and car
- › **Remember, your children need your unconditional love**

DON'T...

- › Self-medicate
- › Try to be perfect
- › Try to “fix” other people
- › Feel guilty for asking for help

When your **children** grow up, they will not **remember** the perfectly clean house or elaborate meals, but the **time** spent **together** sharing love and laughter.