

# Ways to Reduce STRESS in Your Home

- 🧐 Plan for it! We don't wait until there is a fire to have a "fire safety plan". Plan now how you will handle stressful situations.
- 😊 Deep breath...not just in times of stress, but daily. Breathe in through your nose and out through our mouth. At least 5 times and for a count of at least 5 (try to do more).
- 😊 Visualize! Think of relaxing places and try to bring in feelings from there. Take a mini vacation in your mind if you can't actually get away.
- 😊 Color...coloring books and supplies are great and getting tension out. Mandalas are ancient circular designs that can be colored different ways, tend to be very relaxing. Other child-like activities can also reduce stress.
- 😊 Exercise. Plan it in to part of your day. Find an activity that you like to do as a family.
- 😊 Faithfulness...believing in something can help reduce your load-higher power and connecting with nature are good examples.
- 😊 Healthy Eating—this helps your body be ready to handle what comes its way.
- 😊 Have a "safe spot"—a magic carpet, a cozy corner- somewhere that people in your home are permitted to go to decompress without interruption.
- 😊 Take care of your children's parents (yes...that's you!). Without you, your children would be without their greatest advocate...you have to do things to take care of yourself...it's NOT being selfish to do this...you're taking care of one of the greatest resources that your child has!
- 😊 Laugh...enjoy the little things of life.
- 😊 Get enough sleep. The body has to be prepared for each day and a big way is to get the body rested.
- 😊 Have a circle of friends-there is comfort in numbers, sharing each other's burdens can lighten the load.