

Easy Stress Relievers for Family Life

Most parents can predict the times that their stress levels are high when they're at home. That's good, because the key to relieving stress is being aware of your most stressful times, and making some changes to how you deal with tension. The following are the three most common stress times of the day and suggestions for easing the pressure:

1. Morning:

- Get to bed and get up earlier
- Rise early, avoid pressure to get out the door fast
- Get ready before waking others
- Have children make their own lunches
- Take time for breakfast
- Set clocks ahead
- Reward yourself for arriving at work on time

2. Dinner Time:

- Prepare nutritious snacks
- Arrange time after work to listen about a child's day
- Share household chores
- Allow child to choose and help prepare meal
- Coordinate meal preparation and homework time
- Ensure that every family member is present at the dinner table,
and that all are heard
- Share clean-up of dishes and house
- Leave time for emergencies
- Make next day's lunches



3. Clean-up and Bedtime:

- Stick with an agreed TV cutoff time
- Schedule routine tasks (homework, clean-up)
- Do a few maintenance chores daily (bills, dusting)
- Plan what to wear tomorrow
- Develop (self-managed) routines for bedtime
- Practice rest-time if children can't sleep

