



Relieving Stress at Home

Did You Know?

According to the American Psychological Association's annual *Stress in America™* survey:

› Americans reported the following as their top three sources of stress in 2013:

- Money
- Work
- The economy

› Sixty-one percent of adults say that managing stress is extremely or very important, but only 35 percent say they are doing an excellent or very good job at it.

From the neighbor's barking dog to money problems, stress at home can decrease overall quality of life and health. Long-term stress can impact energy and attention levels as well as increase your risk of serious health problems. With the right approach and strategies, stress at home can be reduced and better managed. Try minimizing the negative effects of stress with these helpful suggestions.

Schedule relaxation time

In the American lifestyle, there is always *something* to do. Setting aside time for mandatory relaxation is essential to escape from the stress of our busy lives. Try to schedule time for relaxation activities such as gardening, reading, meditating, and hot showers.

Set priorities

By learning your limits and prioritizing, you will be able to more effectively manage your stress at home. Figure out which tasks need to be done first and which can wait. Also, determine a reasonable number of activities to complete in a day and save the rest for tomorrow.

Spend time with others

Quality time spent with friends and family (or even pets and wildlife) can promote feelings of peacefulness and relaxation. Set aside time to participate in fun activities that emphasize the positive aspects of your relationships to decrease your feelings of stress.

Rely on social supports

Strong connections and trusting relationships with your family, friends, neighbors, and others may help decrease your stress levels. These individuals can serve as stress buffers, provide fresh perspectives to stress-inducing issues, and offer practical assistance and support.

Exercise regularly

Exercising most days of the week for 30 minutes or more can boost your mood, relax tense muscles, and relieve stress. Try making physical activity a part of your daily routine for both the physical and emotional benefits.