

Week  
1

Solving stress at home



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# SOLVING STRESS AT HOME

Identify your stressors in the home and turn it into your personal happy place

**Week 2: Make your home a stress-free zone**



IN YOUR WEEK 2 PROGRAMME YOU WILL:

- FIND**  
Your stressors at home
- TRY**  
Our home coping strategies
- SPOT**  
Stressors you can/cannot change
- KEEP**  
A Happiness Plan for a week

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**LIVE  
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WELLNESS TOOLS



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# How to de-stress in 8 easy steps

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Starting your Journey	 Stress at Home	Stress at Work	Life-changing Moments	How to Communicate	The 4As	Tots and Teens	Staying Happy

## The journey continues – Week 2

Welcome to Week Two of the Stress Management Programme.

Last week, you identified your stress personality type – and which techniques allow you to better handle everyday stress. We hope the stress diary has proven itself to be useful in keeping track of your stressors!

This week, we look at a very specific type of stress: stress at home.

Traditionally, the home is supposed to be a place to relax and leave our troubles behind. But what happens when your home becomes the source of stress? Whether you are newlyweds or a family with children, keep in mind that stressful situations are all part and parcel of being a family.

This week, we will help you identify the areas of your home life that you are the most stressed out about, and provide you with tailored techniques to allow you to successfully manage it. And, just like week one, it's all about making small adjustments to your lifestyle. Tiny changes will help you to enjoy a worry free home life.

**Start small, live great.**

### START SMALL TIP #2

**Sweet dreams are made of these**



#### **Fish your way to sleep**

Most adults need seven to nine hours of sleep per night. In fact, studies have shown that getting this amount of shut-eye can dramatically reduce stress. To help you with your sleep, try eating fatty fish like salmon, halibut and tuna, which have high levels of vitamin B6, the nutrient needed to make the sleep-inducing hormone melatonin.

# Find **your** stressors at home

Before you downloaded this guide you completed a short quiz to find out what's stressing you out at home. If you haven't taken the quiz yet, [click here](#) to do it now - it only takes a couple of minutes!

You may be worried about the family's finances or be concerned about the relationships that you have with the people that matter the most. Either way, identifying your main source of stress back home will determine which stress management method works best for you!



Just to refresh, here are some of the most common personality types:

## The Money Minder

If you answered mostly As, you are most worried about the family's financial matters – you are not alone in this! We all have to deal with our monthly bills. Juggling the family's basic expenses can be a tricky act, but that doesn't mean you need to be buried beneath all that paperwork.

## The Family Supervisor

If you answered mostly Bs, coordinating your family's needs is the core of your concerns. However, whether it's worrying about your parents' health or your children's progress in school, you feel you need to take care of everything, and your family responsibilities are the source of your stress.

## The Relationship Manager

If you answered mostly Cs, then you are feeling stressed because you feel there is never enough time to build a strong relationship with everyone in the family. The key to all healthy relationships is through open communication which also helps to avoid conflict.

# Try our home coping strategies

When it comes to stress management, the key is prioritisation. Now that you have put a finger on what's stressing you out the most at home, it's time to deal with it. The following are a few tried and tested techniques and strategies to help you manage stressful family-related issues. And just like last week, keep in mind that there is no one-size-fits-all solution, so give them a try to see which one works best for you and your family!



## A Budgeting Strategy For The Money Minder

Here's a basic action plan to better manage your family's finances:

### Step 1: Draw up a budget

How much money is coming in? Where is the money going? Try writing your earnings and expenses down on paper and have a record of your cash flow.

### Step 2: Identify where you can cut back

Cut back on the non-essentials. For example, if you don't watch half the channels on your cable television, maybe you can choose a cheaper plan instead.

### Step 3: Start saving

Here's a rule of thumb: you should aim for enough savings to cover your expenses for three months - as a minimum safety net if things turn sour.

Saving will become easier as it becomes a habit. Download a budgeting app like smart budget and get started now!



## A Schedule For The Family Supervisor

For someone who feels pressured to deal with every issue faced by family members, a working schedule may help you sort out when you can attend to individual needs.

Make sure that you maximise your time looking at ways to achieve your end goal.

Here are some key points to remember:

1. It's impossible to get everything done by yourself, why not get family members to help you out?
2. Before you go to sleep, write out your plan for the next day. In the morning you'll be raring to go!
3. Schedule time for interruptions - family life has a habit of not always running to the best laid plans!



## Active Listening For The Relationship Manager

More people in your family means more complex communication. A successful relationship manager at home knows how to engage in active listening. Here's how it works:

### 1. Restate/Paraphrase

To show you are listening, digest and paraphrase what you think the person is saying.

**Example:** "So, if I understood that correctly, I should..."

### 2. Go deeper

Ask questions to draw the person out and get deeper and more meaningful information.

**Example:** "Let's assume that is the case, what do you think would happen if..."


### 3. "I" vs "You"

Using "You" in your statements is confrontational, whereas using "I" focuses the conversation on the problem at hand.

**Example:** Instead of "You are doing this all wrong!", try "I think we should do it like that."

# Spot stressors you can/cannot change

Many people feel stressed at home because they cannot be everywhere and deal with everything at once. The truth is you don't have to! There are some things that you can change and some things that, well, you simply can't. It's difficult, but try not to stress about things you can't affect. Accepting a difficult situation allows you room to zero-in on the stressors that you can change!

In the table below, identify which stressors you can and can't change. Try it now! 

Stressors I can change	Stressors I can't change
THE HOUSE IS UNTIDY AND THIS MAKES ME FEEL ANGRY AND RESENTFUL	MY SPOUSE HAS TO WORK LATE THIS MONTH BECAUSE HE'S ON A DEADLINE



Why not print this out and fill in the personal stressors you can and cannot change? Focus on the situations at home that you can control. Cut down on worrying about the things that you can't change and help put a stop to your stress.



# Keep a “Happiness Plan” for a week

We often forget to enjoy the little things in life - the wonderful moments that keep you going during tough times.

Over the next week, take note of these little things around the house that make you happy in the simplest way. And, while you are at it, share it with your friends and family to let them know they are appreciated!

	I felt happy because...
EXAMPLE	<p><i>"I HELPED MY SON WITH HIS SCHOOL SCIENCE PROJECT, AND WE STARTED TALKING ABOUT THINGS HE'S INTERESTED IN - IT FELT GREAT TO CONNECT."</i></p> <p><i>(It's much easier to connect with children when you're both involved in an activity that interests them. Plus, child psychologist, Laurie Zelinger, Ph.D., believes that boys are more receptive to talking when they are sitting beside you rather than talking face-to-face.)</i></p>
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



Print this out and use it to record little moments of happiness at home. Take just five minutes every night to go over the events that happened in the day and think about which of those events made you happy. Even if it's a tiny bit of joy, it will go a long way!

# Managing stress is a lot easier when you know how!

Go to [Live Great Reads](#) for more useful articles, features and content.



## How to Effectively Manage Stress

Strategies for a happier life



## How Do Families Recover from Loss?

Psychologist Glenn Graves helps out



## Stress Busting Tips from a Medical Expert

Dr Caroline Low tells you how



## Don't Stress About Money

Successful saving tips



Understanding stress and managing how you deal with it is a key to a happy life.

# Next week...



We hope you found the second week helpful.

**Over the next six weeks, you'll continue to find lots of actionable tips on handling different kinds of stressful situations. So stay tuned!**

Next week, in Week Three of the Stress Management Programme we will be looking at the reasons for stress at work, and discussing how to cope with workload, relationships and expectations.

## What's stressing you out at work?

- Identifying your sources of stress at work
- Effective stress management strategies specific to your situation
- Spot checklist of office happiness



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#### **REFERENCES**

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