



Overcoming Family Stress: Make Your Home a Peaceful Place Again

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Everyone deals with family stress from time to time. The biggest problem with this type of stress is that it stays in your home, where you want to spend your time relaxing.

Stress in the home is detrimental to your health and can cause sleeping problems, feelings of exhaustion, and other negative effects for everyone in your family!

Even though you may be experiencing a lot of family stress right now, there are things you can do to bring about peace and harmony in your home.

Here are some tips to help you reduce your family's stress:

- 1. Get rid of unrealistic expectations.** Don't fool yourself into thinking that your home will always be stress-free. We all know this never occurs. Even though you really love those in your family, sometimes life at home can be stressful.
 - It's also important for you to avoid the expectation that your family is perfect or that your children will always behave. ***Everyone is human; everyone makes mistakes.*** Be prepared for this, and you'll get rid of much of the stress in your home.
- 2. Admit your mistakes.** When you don't admit your mistakes, you cause resentment among your family members and more stress. Do the right thing; admit and apologize for your mistakes. This reduces stress and ***teaches your children a valuable life lesson.***
- 3. Spend more time with the family.** Spending more time with the family is a great way to alleviate family stress. The family that plays together stays together!

- ***Eat dinner together regularly.*** Taking the time to eat together and share the meal can be a great way to talk, laugh, and get rid of some of the stress in your home.

Many families eat dinner separately, or in shifts between activities. If you eat dinner this way, you can be easily disconnected from what's happening in your family's lives.

4. **Lower your expectations of yourself.** Remember, you're not a super hero. Even though you may want to get everything done, it's not always going to work out. Making the effort to be there for everyone all the time is important, but you can't be perfect.

Putting huge expectations on yourself is likely to cause you to live a stressful life full of disappointment. ***Allow yourself to be a person rather than a super hero,*** and you'll find the time to relax and enjoy life again.

5. **Treat others the way you want to be treated.** Treat your family with respect, serve your family, and shower them with kindness. ***This will start a trend*** in the family of *treating others in the way you want to be treated.*

- When you start incorporating kindness into your family life, your family's moods will lift, you'll enjoy your time together, and the stress within your home will evaporate.

The actions you take to overcome your family stress may take a little practice to become second nature, but soon you and your family will enjoy being around each other like never before. Peace will reign supreme, and your home will become the relaxing place you always wished for.