



Because I Love You™

Parent and Youth Support Groups

REDUCE YOUR LIFE STRESSES STEP BY STEP

1. Commit to a healthier lifestyle. Action: Give up something that hurts you, or take up something that helps you. *Example: Put down that Coke and pick up a bottle of water or take a walk with your partner (and remember to hold hands).*
2. Release stress through communications. Action: Give stress a voice: talk to your partner about what is bothering you. *Example: Say, "Honey, can I chat with you about something?"*
3. Stop being a perfectionist. Action: Cease being self-critical and criticizing others (especially those you love). *Example: Next time you catch that inner voice berating you, tell it to shut up. And the next time you find yourself being too critical of your partner, tell yourself the same thing. You can even give your partner permission to tell you when you are being too critical.*
4. Share responsibility. Action: Identify three responsibilities or tasks you can relinquish to others. *Example: Create a written division of household duties and share things like the bill-paying, shopping or everyday chores.*
5. Rearrange your priorities to give yourself and your partner the Best parts of each other. Action: Say, "no" more often at the office and "yes" at home. *Example: Leave work early for dinner with your partner.*
6. Don't be afraid to learn new communication skills. Action: Read a book or article on stress reduction with your partner. *Example: Discuss what you have learned and try some of the techniques right away. The sooner you do it, the more impact it will have.*
7. Balance your life; make a commitment to spoil yourself. Action: Celebrate after your next success. *Example: Go on a date with your partner, go away for the weekend or buy something wonderful for the house.*
8. Avoid isolation. It's lonely when you're just living in your head. Action: Talk to your partner about life, love and the pursuit of happiness. *Example: When something is continually bouncing around your brain, deal with it by sharing your thoughts with your partner, even if the thoughts are not fully formed. Talking about what you're thinking or feeling gives you clarity and it helps eliminate stress.*
9. Eliminate at least one negative thing in your life. Action: Reassess your most difficult business activity or personal task. *Example: If you have friends who only talk to you about their troubles and themselves, let them know you'd like a more balanced relationship.*

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10. Do something totally "outside the box." Action: Try something new and different every now and then. *Example: Bungee-jumping may not be for everyone, but make some kind of a leap to eliminate stress in your life.*

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