



## Top 10 stress savers

- 1.** Reduce money conflicts with your partner by understanding his or her values and attitudes.
- 2.** Share the work of maintaining your home by having both partners participate in tasks like shopping, cooking, cleaning, snow shovelling and home repairs.
- 3.** Take up yoga, tai chi or meditation together in order to relax your minds and bodies regularly.
- 4.** Find leisure activities that are different from your usual job – if you generally sit down all day doing computer work, then relax at home by doing yard work, gardening or painting.
- 5.** Go out and get a massage – it might even be covered under your health insurance plan.
- 6.** Recognize that your fear of failure can be a major source of stress. Think rationally about it: write down your biggest fear and imagine the worst potential outcome. It may not be as bad as you thought.
- 7.** Avoid bringing your work home with you if possible. If you must work at home, don't do it right before you try to go to sleep.
- 8.** Sit down and write out the top five priorities in your life right now, from most important to least. When petty details stress you out, come back to these priorities and remember what's most important to you.
- 9.** Try to remember that worry is not productive. Recognize there are some things you cannot control.
- 10.** Get perspective by thinking about your problems in the context of the greater world. Whatever is bothering you, it's probably not famine, war or extreme poverty – so appreciate the positive things.





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