

# Life's A Circus

Do you ever feel like your house is a circus-everyone's running around with different agendas and needs, and YOU are the ring master? The stress of keeping your family in order can be overwhelming at times.

Your family depends on you, but they usually don't realize how much. This selfless role can make you frustrated and stressed if you don't watch out.

The good news is, whether it is your kids having friends over, your parents visiting, or an abundance of noisy pets that keeps your stress level high, there are ways you can manage the chaos more effectively. **Be Prepared**

Before your family goes to bed each night, have everyone set out what they are going to wear the next day and make sure that it is clean and ironed. Also, if there are papers to sign or backpacks to pack, doing it now will save even more time in the morning.

By preparing ahead of time, you will eliminate any last-minute aggravations that wear you down.

## **Get Up Earlier**

Start waking up twenty or thirty minutes earlier than usual. This will give you some extra time to prepare for the day ahead.

Spend ten minutes just relaxing, reading uplifting material and thinking about what you need to get done. After taking time for yourself in a peaceful setting, you will feel better equipped to handle helping your family get ready.

The rest of the time could be spent preparing breakfast for your children or getting yourself ready to go to work without stumbling over young ones in the process.

## **Be Selective**

When a tough situation comes up, decide that you are not going to let it stress you out. If you get upset by every irritation that occurs, you will end the day feeling drained. Save your energy for those situations that are truly important.

You can make your home a place you look forward to going to. Your family will appreciate your efforts to keep stress out of the home.

My parents have been visiting me for a few days. I just dropped them off at the airport. They leave tomorrow. ~ Margaret Smith