

Escaping The Couch

Reducing stress at home

You work hard during the week and greatly value your spare time. But what do you do with it?

Too often, people go directly to the couch. Many consider this relaxing, but what they don't realize is that this behavior can increase a person's feelings of anxiety. When at home, it is important to make the best use of time. Doing so will help increase appreciation for life and lift anxieties. There are several ways to get yourself motivated to stay away from the couch-TV-refrigerator comfort zone. Practice these following tips to break this time-consuming syndrome.

Set Goals

Make realistic goals for your day, week and month. This could include places you want to go and things you want to get done when you're not at work. Sticking with your goals will give you a sense of accomplishment and help you to feel more involved with what is going on outside of work.

Volunteer

Look for ways that you can help others. Shelters for battered women or the homeless often need assistance. Some libraries or community centers use people who are willing to teach English to immigrants or aid adults who want to learn to read.

Reaching out to others in need will help you to put your troubles into perspective. Go out and experience the unparalleled joy of giving!

Be An Optimist

Talk to yourself in an encouraging, positive manner. Instead of berating yourself for your previous "couch potato" habits, focus on the good habits you have acquired. Give yourself pep talks when you start to feel tempted to go back to old ways. Remind yourself of the accomplishments you have performed along with any talents you have developed.

Exercise

Exercise on a regular basis as this will allow you to get rid of any stress that has been building. You can pound out your frustrations while running or hitting the punching bag. Walking or bicycling will give you a time to enjoy solitude. You can't forget the physical benefits of exercise. Watch as your body gets healthier and your energy level goes up. These are great reasons to do it!