

# Families Living With Chronic Illness Tip Sheet



## Five Ways To Reduce Family Stress Without Creating More

**Be wrong!** Reduce stress that was once normal for you by admitting when you are a little bit wrong. Try one of the following, say: 1) Maybe I misunderstood '\_\_\_\_\_' in the past but now I can see that isn't the case, or 2). It wasn't my intention to '\_\_\_\_\_'.

**Match your stress-reducing tool to your lifestyle!** If you are sporty or active try running. If you are a couch potato try using a CD to relax. If you are spiritual pray or meditate. If you are recovering from illness learn Tai Chi (short form is quick).

**Sleep deeply not more!** Irritability is a sign of poor quality sleep. Remove the distracting elements in your life while you sleep with Zleep E Z CD. (pronounced sleep easy) [www.zleepez.com](http://www.zleepez.com)

**Slow down to get ahead!** Rushing to make things happen is focusing on what you do not have and brings more of the same into your life. Don't push too hard and watch things turn around effortlessly.

**Don't volunteer to help!** Now is not a good time!

When asked say this is not a good time right now!

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**Donnalee Kelly**, CEO CI Corporate Instincts Inc. and co designer of 'Your Personal CI Edge On Life,' -a great tool to prepare for and recover from a hectic day! For article or interview contact [www.zleepez.com](http://www.zleepez.com). Download free tip sheets. (Health Care)

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