

Keeping Home Happy

Those working in high-stress industries must learn to implement an impassible divide between the 'office' and home, in order to preserve a sense of peace and well-being within the family. Spouses and children are sensitive to the things that affect their loved ones, though they may never be able to pin-point the stressor.

The following tips can help you be healthier physically and in your relationships. After a little practice, you can learn to truly relax and enjoy your down time.

1. **Know your priorities**. If you understand what you need to be healthy and happy, you'll be more focused in your decision-making.
2. **Stay organized**. Some things you see in the line of duty will haunt you. It is a part of the job. However, you can learn to rationally sort and compartmentalize these experiences for recall only in appropriate settings.
3. **Be self-aware**. Give yourself the freedom to use the full-range of emotions (once again within appropriate settings).
4. **Create a ritual**. Tradition and ritual are useful tools for making transitions in all aspects of life. Make your transition into your home or from your office a mindful experience by practicing symbolic steps.
 - a. Set a desktop, watch or cell phone alarm near the end of your work day. When you hear it, begin to mentally review your day, determining which tasks can be completed before going home and which need to be left for the next work day.
 - b. Remove work items in a designated area near the door or in the garage and leave them until you are returning to work.
 - c. Create a mantra (I am coming into my safe space... I will leave work behind... I may not be able to control everything, but I choose to bring peace to my home...) to repeat prior to opening the door or turning down your street.
5. **Use your commute**. Fill your mind with laughter, energetic and upbeat thoughts on your way home. Listen to (laugh and sing with) positive, silly or dance music, old time radio comedies or books on tape. Avoid news reports or dramas.
6. **Stay spiritually fit**. When religion is work it can easily lose its Power. Remember to keep your spiritual connection real. Take time to pray, study and meditate. Exercise your faith and rely on God. You will never regret it.
7. **Have fun with your family**. Plan regular activities and events *making sure to follow through*. This can be as simple as a family game night, weekly bike ride/bbq, or as elaborate as a semi-annual vacation. Avoid using family time for low participation activities like television.