



## Work-Related Stress: How to Help a Working Wife by award-winning author / stress-relief expert Susie Mantell

Q: Dear Susie, My wife's an amazing woman, juggling demands of her career, our two year old son and me. How can I help her counter the stress of her routine?

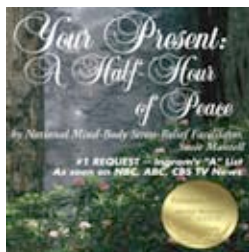
A: What a nice guy. Your appreciation of the pressure she's under is a great start. First, asking a spouse, "How can I help?" goes a long way. The body senses it's 'not in this alone,' and lets go a little.

### Here Are a Few 'Stress-Busters' That Might Lighten a Working Spouse's Load:

1. Make coupons she can redeem to relieve her of occasional household responsibilities: (e.g. Good for 1 Free Saturday or A Week of Dinners & Dishes ).
2. Endorphins are released when we're touched compassionately. Make a point of hugging and touching gently every single day, maybe even a nice foot-rub or scalp massage?
3. Giving anyone under stress opportunities to talk about that can be a great gift. Just listen, and encourage her.
4. Work out a schedule to assume a couple of her chores.

It is sometimes simpler than we expect to help someone we care for. Remember that freeing the mind even for a short while, allows the body to replenish and restore. (See lots more relaxation tips at [www.relaxintuit.com](http://www.relaxintuit.com) ) !

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## END OF THIS TIP##