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| **Source** | **Suggestions for Managing It** |
| Physical | - Get plenty of exercise.- Use deep breathing and other relaxation techniques.- Get regular massages.- Get enough sleep at night.- Eat well and take care of your body. |
| Work | - Leave work at work, both physically and mentally.- Turn off work phones or emails during your off hours.- Keep your spouse posted about major happenings at work, but save your day-to-day complaints for a co-worker who better understands.- If the hours your job demands are interfering with your marriage, consider making a change. |
| Family | - Set boundaries with your extended families so they don't impose or cause friction in your marriage.- Take dual responsibility for caring for your children so one parent doesn't get overwhelmed.- Remember that it's perfectly appropriate and healthy to spend time together away from your kids. Hire a babysitter or send them to spend a weekend with the grandparents.  |
| Financial | - Live within your means. Set a budget and stick to it. - Have an emergency fund saved so you can worry less about having the worst happen. - Meet with a financial advisor and talk about things like college savings and retirement. You'll feel better about your financial future if you’re prepared.- Consider separate accounts for your day-to-day needs so you don't have to constantly keep up with what the other is spending.  |