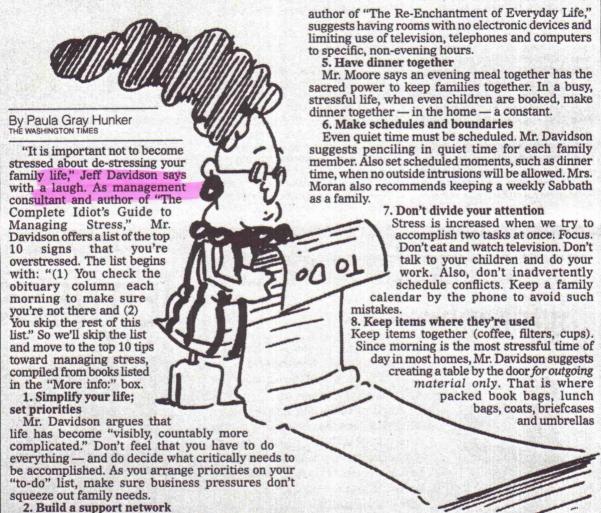
One to-do list that won't add to stress: 10 ways to make life easier, more fun



extended family and small, close communities. Create go. Items that come into the house should be taken your own. Whether your support comes from close directly to their destination — dry cleaning to closets; friends, neighbors, church or synagogue or even homework to desks. work colleagues, make sure you have both emotional

9. Share tasks

Mrs. Moran says women need to learn to relax at home without guilt. Tasks need to be dispersed to all family members, including children, so that work is accomplished without anyone bearing the brunt of the burden.

10. Have fun - NOW!

There will always be some task, some event, some reason why stress is in your life. Waiting for a good time to work on limiting stress will ensure that the stress will never lessen. Begin now. Make sure that family fun is high on the to-do list each week.

and logistical backup. Don't wait until you are in a crisis before establishing this support.

3. De-clutter Victoria Moran, author of "Shelter for the Spirit," says to begin regaining control in tangible areas, such as organizing closets and drawers. Clutter is stressful. Physically organize your life and offload unwanted household goods.

One of the stresses of modern life is the loss of the

4. Unplug

Life has become far too noisy, and too many distractions have invaded the home. Thomas Moore,