



Fun ways to reduce family stress

Spending time with people you care about can be a powerful stress reliever. This is true for every person in your family. Finding activities you all enjoy can strengthen family bonds, reduce everyone's stress, and bring more fun into your life. Here are some stress-relieving activities that can work for the whole family.



PLAN A CRAFT NIGHT

Creative activities are a great way to relax together. Put on some music and get out crafting, drawing, or painting supplies. If you're not much of a crafter, consider signing up the family for a class or a night out at a local craft shop.

PLAY A SPORT

Find a sport you all enjoy. Plan a weekly or monthly time to play together as a family. Keep it low stakes and focused on fun. Being active as a family can relieve stress and put everyone in a more positive mood.

WATCH A COMEDY

Turn on a show everyone finds funny or look up some silly online videos. Instead of each family member retreating to their own screens, make time to watch something together. Choose something that will get everyone laughing to reduce stress and promote family bonding.