



Budget-Friendly Ways to Reduce Stress Without Leaving Your Home

By Dylan Foster, dylan@healthwellwise.com

Image via [Pexels](#)

All parents need to prioritize stress management because, let's face it, being a parent can be stressful at times.

However, if your child has one or more complex medical conditions, learning how to manage your stress is downright critical. And if you have little time to yourself and/or are on a tight budget, that can be challenging to do.

In collaboration with [Eliana's Light](#), I'm striving to help parents in your position in any way that I can, which is why I've provided some practical tips for how you can reduce stress at home without harming your budget:

Change Your Living Environment

There are a number of household tasks that can help reduce stress:

- If your home is filled with clutter, spend time [decluttering each room](#) during your child's nap times.
- Come up with a [cleaning schedule](#) that helps you to keep your home clean on a regular basis.
- Make sure you are changing your [air filters](#), open the windows on warm days, and try other ways to improve indoor air quality.
- Look for aesthetically-pleasing [house plants](#) that can also purify the air.

Look into Self-Care Products

While there are plenty of expensive self-care products on the market, some of them are quite affordable and worth the investment:

- If you have any skin conditions that have worsened because of stress, try soaps that are [made with](#) CBD oil.

- Invest in an [aromatherapy candle](#) (or five) to add some relaxation to your living environment.
- Look into [acupressure rings](#), which are the next best thing if you can't get out for an acupuncture appointment.
- Treat yourself to a [manicure kit](#) that includes files, trimmers, polish, and other items.

Add Healthy Activities to Your Routine

You don't need a ton of time to accomplish these stress-busting activities:

- Find at-home workouts that you can fit within your schedule; the internet has [a lot to offer](#) in this category.
- At several moments throughout the day, do [breathing exercises](#) for a couple of minutes.
- Create a [nighttime routine](#) that helps you get the sleep you need.
- Take a [hot bath](#) with soothing music playing in the background.
- If possible, take your child for a [walk](#) or stroll around the neighborhood.

See, reducing stress and fostering your [overall wellness](#) doesn't have to take all of your time or money! Start making healthy changes to your home, find some affordable self-care products that work for you, and try to incorporate relaxing activities into your daily routine. Lastly, remember that taking care of yourself will benefit you, your child, and everyone else in your life.

Connect with [Eliana's Light](#) for more information and support. If you have any questions about this blog, please feel free to reach out to me at dylan@healthwellwise.com.