

## How My Daughter is Saving My Life

### Description

She is 3 months shy of being 1 year old, and my daughter is already a hero. Although she may not be aware of how and why she's saving daddy's life, she is doing it nonetheless.

Over the years, I have found ways to become increasingly stressed about everything. Always having something to do, thinking ahead and worrying about what's to come, getting mad at minute details, etc. Guilty with a capital G!

Going Mom has given the best support a husband could ever ask for over the years, and she's what kept me from going berserk! Now I have her and Avery as a trusty sidekick.



Stress Fighters/Life Savers!

I recently wrote about our [long journey to having Avery](#) and how a big part of our problems was a result of what stress had done to me physically. It sucked, I was miserable, and so was everyone around me. I never considered that stressing so much could be such a powerful and dangerous force, but now I know stress is a [proven killer](#).

This is beyond scary! Something that many of us consider to be purely mental, can actually lead to our demise. Armed with this 'stressful' knowledge, I am working on making changes to remove myself from the dangerous mindset. Becoming a stay-at-home dad is one major change and I [wrote several times on how that has helped reduce my stress tremendously](#).

Make no mistake, I still have a ways to go before I stop stressing over things, just ask my wife! A little stress is natural and even good for us, but I still worry too much about washing dishes, food, exercise, always having a plan, and never living in the moment. I once lived in a carefree world, and now I'm striving to go back there.

With the help of my beautiful wife and daughter, I'm slowly (read, slowly) lowering stress levels and re-learning how to live 'in the moment'. Since most of my time is now spent with Avery, she has been helping me in many ways; all unknown to her. Yes, babies are hard work and create plenty of stress themselves, but that's a different kind of stress, not one that can kill!

One way Avery helps is by simply being so adorable. Every time I look at her or at the thousands (literally) of pictures of her, my heart fills with joy and I feel instant happiness set in. How can you *not* be happy with that smile?



I'm adamant about exercise, and thanks to our awesome baby, she's happy to join along in her jumper. There's nothing like finishing a set of very taxing squats and turning around to see this girl so excited about life.



But, probably the biggest factor in Avery saving my life by reducing stress is with play. She still has a ways to go before she can really start to play, but she's active enough for a little rolling around and tickle time! Avery plays a major role by keeping me in check throughout the day.

When I'm standing over the sink washing dishes and she's crawling all over the floor around me, I make it a point to stop and get down to crawl with her. The instant I'm on the ground and I see her smiling back at me, all of my worries disappear.



Daughter vs  
Dishes!..hmm, easy  
choice!!

As she grows, Avery's playfulness will grow with her, and I will be right there to play along in the dirt, swing in a swing, jump on a trampoline and pick her up when she falls. All while caring less about the materialistic things and more about emotions and family.

Of course, I still make it a point to clean those dishes and do other chores, but the fact is, I'm having less of a "must do it now" mentality and learning to enjoy things more often.

I know my mom and wife are thinking "What!?" because I admittedly still get worked up over small things. Again, I have a long way to go, but it's a start, and I feel that as Avery grows and becomes even more playful, the bad stress will diminish. The stress that replaces it will be more of a beautiful "I have a child and I'm raising her" kind of stress, and I'm happy to take it on!

**Do you feel yourself getting over-stressed? Any ways of coping with it?**

**Has your child helped or hurt your stress levels?** *I know, I know, kids are stressing, but you know what I mean!*

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