

# Tips to look after your husband/wife/partner/self

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## Dinner

Everyone is hungry at the end of the day. Show the people you care by ordering a pizza on the commute home. No need to think about tonight's dinner before then. Come to think of it, wasn't your husband already home? Why didn't he take care of this? Take a deep breath and let it go – and by let it go I mean pocket it for the end-of-week fight you'll have about how only you do things.

## Don't worry about what you look like

Unless your wrapping gifts, you don't need ribbon.

And only be gay if you're gay.

Don't worry about make-up or looking fresh – this isn't a feminine hygiene commercial – its real life.

Finally – take 15 minutes to calm yourself down so you don't go postal from now until bedtime.

## Clear away the clutter

Shove everything in the 6th junk drawer that you've now created in the kitchen. Tell at your kids to shut their bedroom doors so you can't see what's happening in their rooms.

## Children...

Text them from downstairs to make sure homework is done and beg your son to brush his teeth at some point this week.

## Noise – what noise?

Everyone's on their phone, including mom and dad. There's no noise.

## Some Don'ts

When mom comes home from a long work trip, please, for god's sakes, don't tell her everything that went wrong until she puts her bags down. I know you think she doesn't work at work, but give it a hot second. She'll listen to all complaints and grievances in a timely manner.

## Make yourself comfortable

It's ok that it's only 6pm – go put on your jammies, the ones that make you look like you're a pilgrim. You've earned it.

## Don't Listen to anyone

Try to avoid all important conversations with anyone when you walk in the door. Nothing good will come of this. Go straight to the wine, get yourself a generous pour and nod your head yes to anything anyone says to you. You'll figure it out later.

## Make the evening his

Bhahahahahaha!!! Just kidding.

## The Goal

OUR home is a place of peace and love, if not order, for all of us. Let's all do our part to take care of each other.