

Managing Stress

Parents Tips for Coping with Stress

Everyone has stress. However, too much stress can make it hard to parent effectively. Some signs that you are stressed are:

- Feeling angry and irritable often.
- Feeling hopeless
- Difficulty making decisions.
- Emotional and crying more frequently.
- Excessive worrying.
- Arguing with those around you.
- Overeating or not eating enough.
- Lack of sleep or too much sleep.
- Health problems due to stress.

What you can do to manage your stress:

- Identify what is making you stressed. Everyone's stressors are different.
- Accept what you cannot change. Break down problem solving to small steps, that way it's not so overwhelming.
- Have faith and be optimistic. Look back on other challenges you have overcome and think "this too shall pass".
- Find time to relax. Take a time out, practice deep breathing, meditation or simply listen to your favorite music.
- Take care of your health. Make sure you are getting enough sleep, eating the proper nutrition and exercising.
- Find time for yourself. Take a bath, read a book or discover a hobby.
- Find a support group. Don't be afraid to ask for help. Reach out to a parenting support group or create one yourself.

Remember; learning to manage your stress will improve your happiness and show your children that they too can learn to handle stress.

For more information: <https://www.childwelfare.gov/preventing/preventionmonth/tipsheets.cfm>

