

**Stress**

**We all have stress in our lives and need to learn how to handle it.**

**Stress is part of parenting. Children are a big responsibility.**

**Stress affects your whole family.** **Children learn how to deal with stress by watching you.**

**Learning to handle stress helps you and your family.**

**Your body may show emotional, physical and behavioral signs of stress:**

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| Recognize ***emotional*** signs of stress:   * Anxiety, worry * Anger * Feeling agitated a lot | * Sadness * Mood swings |
| Recognize ***physical*** signs of stress:   * Headaches * Stiff neck | * Stomach problems * Palpitations/racing heart beat |
| Recognize ***behavioral*** signs of stress:   * Over-reacting * Acting impulsively * Using alcohol or drugs * Problem sleeping | * Withdrawing from relationships * Changing jobs often * Hard to concentrate |



**Don’t let stress affect your family.**

**You need to feel good yourself to be a good parent.**

**If you’d like help, please talk to your child’s doctor or nurse.**

# Helpful Tips:

* Don’t lose your cool, it’s easy to get mad if your child whines or throws a tantrum
* Take a few moments to cool down, like slowly count to 10
* Practice calming activities, like deep breathing, meditation or yoga
* Get organized, like make a list of things to do and cross off ones that can wait
* Ask family or friends for help
* Take good care of yourself, like exercise, eat right and get enough sleep
* Make special time for your child every day, around a daily routine like bath time, mealtime, bedtime - even if it’s only for 15 minutes
* Knowing your triggers may be the most important way to manage stress effectively

# Helpful Resources

**The National Parent Helpline |** *www.nationalparenthelpline.org*

Call **1-855-427-2736** for English and Spanish, Monday – Friday, 10am to 7pm PST

**The Helpline is for parents and caregivers. A trained advocate will:**

* Listen to you
* Help you problem-solve
* Help you take care of yourself
* Help connect you to services nearby
* Help you build on your own strengths and be a great parent!

