

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:

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!

