

STRESS

We all experience stress in our lives and need to learn how to handle it.
Stress is part of parenting. Kids are a big responsibility.

Stress affects your whole family.

Kids learn how to deal with stress by watching you.
Learning to handle stress helps you and your family.

Your body may send out emotional, physical and behavioral signs:

- Recognize the **emotional** signs of stress:
 - Anxiety, worry
 - Problems sleeping
 - Anger
 - Inability to concentrate
 - Sadness
 - Mood swings
- Recognize the **physical** signs of stress:
 - Headaches
 - Stiff neck
 - Stomach problems
 - Palpitations
- Recognize the **behavioral** signs of stress:
 - Over-reacting
 - Acting on impulse
 - Using alcohol or drugs
 - Withdrawing from relationships
 - Changing jobs often
 - Feeling agitated a lot

Don't let stress affect your family.

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

If you'd like to talk to someone, please talk to your child's doctor or nurse.

Helpful Hints

- **Don't lose your cool.** It's easy to blow up if your child whines or throws a tantrum.
- **Take a few moments to cool down.** Count to 10, slowly.
- **Get organized.** Make a list of things to do and cross off ones that can wait.
- **Get help.** Ask family or friends for help.
- **Try ignoring the small stuff.** Don't get stressed out over small things.

- **Take good care of yourself.** Exercise, eat right, and get enough sleep. You are important!
- **Knowing your limits** may be the most important way to manage stress effectively.
- **Make special time for your child every day**, even if it's only for 15 minutes.

Helpful Resources

The National Parent Helpline | www.nationalparenthelpline.org

If you need someone to listen to you, call the National Parent Helpline®. The Helpline is open to parents and caregivers of children of all ages. Call 1-855-427-2736, Monday – Friday, 10 am PST to 7 pm PST. A trained advocate is ready to:

- listen to you
- help you problem-solve
- encourage you to take care of yourself
- help connected you to local services
- help you build on your own strengths and continue to be a great parent

ADD INFO ON LOCAL RESOURCES
AND/OR
INFO ON YOUR PRACTICE