STRESS BUSTERS FOR PARENTS

It’s important to manage your stress. Too much stress can make it hard to parent effectively.

- **RELAX**
  Take time to practice deep breathing, meditation, yoga, or listening to music even when you’re not having a stressful moment.

- **ACCEPT WHAT YOU CANNOT CHANGE**
  Ask yourself, “Can I do anything about it?” If the answer is no, try to focus on something else (Take a walk, bake a cake, or look for a new job).

- **TAKE CARE OF YOUR HEALTH**
  Getting enough sleep can make a big difference in your stress level. Eating healthy foods and getting some exercise are also good ways of decreasing your stress levels.

- **TAKE TIME FOR YOURSELF**
  Take a bath, read a book, and when you can, try to hire a babysitter (or trade time with a neighbor) in order to get out of the house for a few hours.

- **DEVELOP A SUPPORT SYSTEM**
  Don’t be afraid to ask for help. Older children can set the table. Your spouse or partner can take over settling the kids for bedtime a few nights a week. A friend can pick up the kids from school to give you a break.

Source: https://www.childwelfare.gov/topics/preventing