




How to Manage Stress

Supporting a Parent's Mental Health and Well-being



Parenthood is Hard Work

- Parenting can be incredibly rewarding, yet can also bring a range of challenges, demands, and stress. It requires patience and love.
 - Managing stress as a parent is essential for both your well-being and your child's emotional health.
 - Examples of parental stressors include financial strain, time demands, children's' health and safety, parental isolation and cultural pressures.
 - Stress reducing strategies can provide an opportunity to recalibrate your thinking and provide a way to feel the joys of parenting.
 - Lets talk about some ways to develop and support parental well being.
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Keep a Positive Attitude

- Practice Gratitude. It can strengthen the immune system, lower blood pressure and produce a sense of relation.
- Practice Acceptance. "This Too Shall Pass" Mantra
- Seek out spiritual and faith based support.



Accept that There are Events that You Cannot Control

- Address our mindset – shift your thoughts and reframe the event
- Identify what you can control
- Practice Mindfulness – Focusing on the present moment and concentrating on your surroundings may distract you from things you can't control in the moment.
- Use Deep Breathing – Consider using deep breathing exercises when your feeling overwhelmed by people/places/things you cannot control.
- Journal your thoughts – journaling can be an effective way to express and process your emotions.



Be Assertive Rather Than Aggressive

- Express yourself directly and clearly
- Use “I” statements rather than pointing at others to communicate.
- Share your feelings
- Remain firm and consistent.



A word cloud on a white background with the word **assertive** in large, bold, black lowercase letters at the bottom. Above it, several other words are arranged in a cluster: **decisive** (vertical), **sure** (vertical), **confident** (horizontal), **firm** (horizontal), **insistent** (horizontal), **positive** (horizontal), and **certain** (horizontal).

Learn to Manage Your Time Effectively

- Set priorities, goals and deadlines.
- Get organized. Use structured schedules.
- Schedule tasks appropriately and delegate.
- Don't procrastinate.
- Avoid multi-tasking.



Set Limits and Say “No”

- Think of saying “No” as your personal stop sign.
- Start small. Be clear. Saying “No” is a complete sentence.
- Respect your own needs as well as needs of others. Create boundaries.

it's OK to say
NO!!!



Make Time For Hobbies and Interests

- They are great for mental health and provide a sense of identity and joy.
- They can sometimes provide physical benefits.
- They help you learn and grow.
- Cuddle with a pet. Listen to music. Get your laugh on.



Avoiding Relying on Drugs and Alcohol to Reduce Stress

- Resist temptation. Avoid over usage to maintain a sense of calm.
- Find alternatives (mocktails, sparkling water, herbal teas and supplements).
- Surround yourself with friends and family who don't overindulge.



Seek Out Social Support

- Building supportive relationships with friends, family , and the community can provide a valuable network of support during stressful times.
- Book clubs, sports teams, fellowship meetings. All provide opportunities to share with others and gain meaningful relations.



Establish a Healthy Diet

- Build a healthy food prep habit helps to improve one's overall diet.
- Keep fresh, nutritious food on hand for easy access to promote balanced healthy meals.
- Read labels and purchase healthy snack alternatives.
- Be disciplined.



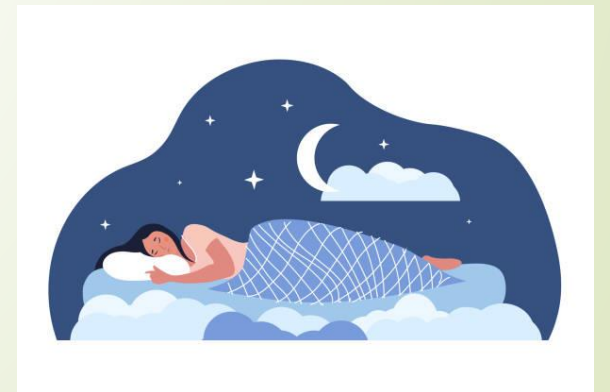
Exercise Regularly

- Exercise improves health and provides a sense of well-being.
- Any form of exercise can act as a stress reliever.
- Pick an activity that you enjoy. Include a friend or co-worker.
- Start in short bursts and increase accordingly.



Focus on Sleep

- Getting quality sleep is important for positive mental health.
- Establish a pre-bed time routine.
- Take an afternoon nap and micro breaks throughout the day.



Parenting is a Journey not a Destination

- Stress can be a constant in your life and knowing how to reduce stress and anxiety can be helpful and beneficial.
- If you're finding it hard to cope, feel overwhelmed, or notice that stress reducing technique's are not working, it may be time to talk to your health care provider. A mental health specialist may recommend talk therapy or other coping tools, in addition to the ones we've been talking about, to help you manage your stress levels.
- Chronic stress not only affects your mental health, but it can also contribute to a host of other health issues.
- Your children matter but so do you.

