

## 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](http://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!

