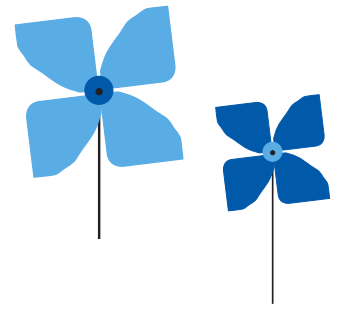


Give Children a Voice!



Managing Stress

Managing Stress

Everyone gets stressed throughout their lives. However, too much stress can effect your daily routine and interaction with your family.

► Some Signs of Stress:

- Irritable a lot of the time
- Crying
- Constantly worrying
- Over or Under Eating
- Feeling overwhelmed
- Lack of or too much sleep

► How to help yourself relieve stress:

- Take time for yourself
- Find an activity to redirect your attention
- Take one step at a time
- Know some things you cannot change
- Breathe
- Talk to someone or find help to assist

Sited from *Childwelfare.gov*

Building Your Family Bond

Taking time to get to know your family and working together takes practice. Practicing can help create less stress, anxiety, and build a stronger bond.

► Examples to connect with your family:

- Have a weekly game night
- Have each member decide dinner for the evening
- Share a time in the evening to discuss everyone's day: a new thing learned, something that made them smile, or favorite thing that happened that day
- Plan a weekend activity
- Schedule family time to talk or listen
- Show support or encouragement
- Talk through issues together to come to a reasonable solution
- Don't Judge anyone's feeling
- Do chores together as a family
- Take time for yourself, this includes the children. Everyone needs a moment.

Sited from *Darkness to Light*

For more information, call (847)377-3155
or visit our website:
www.friendsoflccac.org

