

PARENT SUPERHERO POWERS

Managing stress



MANAGING STRESS

Everyone gets stressed throughout their lives. However, too much stress can affect 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

