



Take Care of Yourself: Reduce Your Stress



**Stress doesn't just affect you.
It affects your children.**

**We all have stress.
Stress is part of life.**

There are many sources of stress. Some stress can come from outside sources like:

- conflict with others
- challenges at work or school
- limited finances
- illness
- loss of a loved one



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Some stress comes from inside sources such as:

- worrying about things you can't control
- unrealistic beliefs
- fear of failure

Too much stress can take a toll on your health and your ability to parent. You can take steps to care for yourself and reduce your stress.

Do you have too much stress? Did you know reducing your stress can help your child's behavior?



Do you have:

- memory problems
- frequent worries
- feelings of irritability
- headaches, chest pains, stomach pains, frequent illnesses
- increase/decrease in appetite
- difficulty/irregular sleeping
- excessive use of medications, alcohol, or cigarettes

Talk to your doctor or health care professional.

Reducing your stress can help you enjoy time with your children and help your children learn to cope with stress.



Take Steps to Reduce Your Stress

7 Tips and Tools to Reduce Stress

- 1.** Notice your thoughts and feelings without thinking they are wrong.



- 2.** Focus on what is in your control, not what is out of your control.



- 3.** Spend time with friends.



- 4.** Eat a healthy diet and drink plenty of water.



- 5.** Spend a few minutes of quiet time each day.



- 6.** Exercise and spend time doing things you enjoy.



- 7.** “Talk back” to your unhelpful thoughts.



**Take care
of Yourself.**



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