



Keep Stress Under Control

Stress Management For Parents

CHARLES B. WANG COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

When You Feel Stressed, It Affects The Whole Family

Being a parent is exciting, joyful, and rewarding, but it can also be stressful. While stress is a part of all of our lives, it becomes a problem when you feel overwhelmed. Too much stress can affect all aspects of your life, including your job performance and judgment. It can also damage your parenting skills and family relationships.

Recognize Signs Of Stress

Physical:

- Headaches, sweaty palms
- Fatigue or exhaustion
- Abdominal cramps or nausea
- Frequent illnesses
- Changes in sleeping or eating habits

Learn the signs
of stress and
ways to cope

Mental:

- Feeling irritable, impatient, and/or angry
- Feeling worried, fearful, and/or depressed
- Feeling frustrated
- Poor concentration or memory
- Trouble making decisions



Learn The Causes Of Stress And Ways To Manage Them

Too Much To Do

Parents are always busy. Whether it is caring for a child, cooking, or taking your child to school or other activities, there is often not time in the day.

Get Organized And Set Limits: Set realistic goals and stick to them. Plan in advance and prioritize with to-do lists (shopping lists, meal planning, etc.)

High Expectations

Many parents want to be perfect. They work hard to make sure their children have a good education and build the skills needed to be successful.

Be Realistic: Every child is different, and it is impossible to be perfect in everything. Set realistic expectations for you and your children.

Children's Health & Special Needs

If your child has health or mental problems, such as a development delay, you may feel especially stressed out.

Seek Professional Help: Ask for help from doctors, specialists, and support groups. Make sure your child goes for regular check ups and receives all of his or her vaccines.

Money

The cost of living has been rising, and many parents cannot afford child care or other children's activities. If someone in your family lost a job, you may worry about managing expenses.

Set A Budget: Keep track of expenses, and spend reasonably. Remember that your child may not need extra activities and programs. If you have financial difficulties, there may be community programs that can help you. Don't be afraid to go to a social service agency to ask for help.



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Putting Yourself Last

Parents often put their children first and their own needs last. If you do not meet your basic needs, you may feel frustrated and eventually neglect your surroundings or even your child.

Take Care Of Yourself: Get regular check ups, exercise, eat a healthy diet, and get enough sleep. Do activities you enjoy. Try muscle relaxation or deep breathing exercises to relieve tension. Talk to other parents. You may cope better with your stress if you understand that you are not alone.

Family

Lack of support from family, arguments with family, or caring for relatives can cause stress. This affects the amount of time you devote to your children.

Take A Mental Vacation: Focus on the good things in your life, and imagine something that makes you feel good. Set aside time for your children.

Work

With a challenging job, you may have little time to spend with your children.

Ask For Help: Share responsibilities with your spouse. Arrange for child care, a baby sitter, or family to help.

Child Discipline

All children disobey their parents once in a while, and some behaviors are normal for certain ages. Very strict parenting can strain relationships with your children and increase stress.

Improve Your Parenting Skills: Work on child discipline with your child's teacher and doctor. Learn what behaviors are normal at your child's age. Don't let your frustration become physical and violent.

If you have trouble coping with stress, don't take it out on others. Look to family or friends for support, or seek professional help. Once you learn to manage your stress, you'll find parenting more fulfilling.



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