You CAN handle stress.

Life can be stressful! As families, we often feel overworked and overscheduled. Children AND adults feel the effects of our busy lives, so it’s important as parents that we’re aware of stress and how to help our children handle it in healthy ways.

**10 SIMPLE STRESS-BUSTING SKILLS YOU (and your kids) CAN DO TODAY:**

1. Learn to say “no.”
2. Take 10 deep breaths.
3. Exercise regularly.
4. Find a parent support group.
5. Eliminate stimulants (like caffeine).
6. Go outside for fresh air.
7. Spend quality time with family.
8. Find an activity you love.
9. Keep the lines of family communication open.
10. Set “family priorities.”

### STRESS FOR ADULTS vs. STRESS FOR CHILDREN

**What are the common causes of stress?**

- jobs/employment
- finances
- family/relationships
- personal healthy & safety
- death of a loved one
- obligations/responsibilities

**What are the signs of stress in me? In my children?**

- anxiety/depression
- insomnia or over-sleeping
- headaches, muscle pain, other physical ailments
- anger, lashing out
- lack of focus
- changes in eating habits (over-eating or no eating)
- reliance on alcohol, drugs

**How can I manage my own stress? How can I help my child?**

- identify sources of stress and make changes when possible
- recognize how you react to stress, be aware of triggers
- develop a variety of stress management skills (see tips at left)

**For more parenting resources, download our SCAN Parent Resource Center App or visit www.scanva.org/prc**