

Ideas to Help Reduce Stress

- Breathe – Deep slow breaths
- Exercise (this doesn't require a gym membership, a walk will do)
- Listen to music
- Laugh and have a sense of humor
- Dance
- Set realistic goals
- Be nice to yourself
- Take time to relax
- Plan ahead, this cuts down on emergency situations leading to stress
- Have someone else watch your kids (possibly do an exchange and watch someone else's child for them later)
- Develop a support network
- Talk to a friend (in person or on the phone)
- Know your limits
- Recognize there is no such thing as a perfect parent
- Occasionally say no- You can't do it all
- Count to ten- If that doesn't work, try , twenty, thirty...
- Simplify and declutter
- Stretch
- Eat well
- Get enough sleep
- Develop a budget
- Find time to spend alone every day
- Unplug from your phone and electronic devices
- Set aside time to play with kids and family
- Prepare and eat a meal as a family
- Set aside time to read to your kids and have them read to you
- Go to the park with your kids