Helpful tips for parents to De-Stress!

- **De-Tech** - at the end of each day. Turn off everything, take time to slow down, connect with others and allow some time to just be “in the flow” of life. Without this time, stress builds and builds and will be released in unexpected or inappropriate ways.

- **Effective communication** - If you’re feeling frustrated, write down what you need for you or your child and work out a plan of how to communicate your needs to others such as your partner, school, and other professionals. If you take time to plan ahead and work out what you need, then communication with others will most likely have a positive outcome.

- **Solutions** - Talk to a friend and brainstorm different solutions for difficult problems.

- **Replenish** - Laugh regularly! Find regular time to connect with friends or a support group. Sharing problems allows us to laugh and see the bigger picture. Find time to spend on a hobby or activity that allows creativity to flow.

- **Evaluate** - If you are feeling really anxious about your child’s needs, take time to write down all the “worries” you have. Next to each worry, write if these worries will actually happen and evaluate how realistic they are. Most of what
we worry about does not eventuate. Write down possible solutions to make changes or get professional support to boost your coping mechanisms.

- **Self soothe** - If things get really tough at home, take a break such as going for a walk, having a bath, focusing on a hobby, calling a friend or having a massage.

- **Support** – Seek support when feeling down, anxious or overwhelmed. You don’t have to manage on your own and you will be more effective as a parent if you are feeling happier.

(Taken from ‘Wellbeing For Kids’ by Georgina Manning)

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