

Are You a **Stressed-Out** Parent?



It's a Tough Job!

Being a parent isn't easy. Trying to balance work, caring for your home, raising children, being a sensitive spouse and making ends meet can take a toll on every parent.

How Do You Cope?

Follow these tips from the Center for Effective Parenting to help relieve stress:

- ◆ **Recognize your feelings.** When you feel stress coming on, acknowledge it and take steps to control stress rather than allow it to control you.
- ◆ **Develop good problem-solving skills.** When faced with a problem that is causing you stress, make a list of ways to manage the problem, evaluate your options, and then make a decision.
- ◆ **Stay Healthy.** Maintain a well-balanced diet and a regular exercise routine to help combat stress. Proper nutrition gives you the energy to fight stress. Exercising or pursuing a hobby can help relieve tension.
- ◆ **Ask for help.** When you feel stressed, share your feelings with trusted friends and family members. If you feel overwhelmed and unable to cope, talk to a health care provider to learn how to more effectively cope with stress.

These parenting tips are courtesy of **Franklin County Children Services** where we advocate for each child's safety, permanency and well-being.
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Protecting Children by Strengthening Families