

# Living Well Tip of the Week

Parental stress & anxiety can have an impact on your children's emotional functioning & can cause them significant sleep disorders.

*(Sleep & Health 2009)*

## Stress Relief Tips for Parents

### **Stop trying to be a SUPERPARENT!**

- Make lists, prioritize & group your errands & chores
- Carpool with other parents
- Limit your children's activities to a number you can manage

### **Take care of yourself!**

- Put the children to bed early or get up early to have some quiet time
- Live healthy: Eat a well-balanced diet, exercise, get regular checkups
- Learn relaxation techniques: Meditation, visualization, breathing exercises
- Accept offers from those you trust to baby-sit & take an occasional break
- Take up a hobby to help relieve stress

### **Do things you & your children enjoy!**

- Keep your sense of humor – laugh everyday (like your children do)
- Take time to give individual attention to each child each day: read a story at bedtime, play ball, let your child help you make dinner, etc.



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