



Bournemouth Parenting Practitioners Tip Sheet

Stress & Anxiety

Parenting can be stressful, and each stage of parenthood has its own difficulties. Toddler tantrums and teenage mood swings add to the stress of everyday life, and as stress builds up it can lead to anxiety, and even small annoyances can seem equally as stressful as larger issues.

Stress affects people differently. There may be so much to deal with that you just do not know where to start. You might feel more emotional than usual, or become bad-tempered and snap at others. Stress can also add to physical problems, such as headaches, which consequently makes it even harder to cope with.

Stress can have consequences for the family as well. Your children might shout back at you or deliberately misbehave, which can only make the situation worse. It is important to deal with stress so as to avoid difficulties within the family environment, and although you will not necessarily manage to resolve all of your stresses, you can deal with

some to ease the strain. Write a list of all your current stresses, then think of ways to work them out. It is also useful to:

- **Talk.** Tell your family and friends that you feel stressed—give them the chance to help you work it out.
- **Plan.** Make a list of things you need to do and how you will do them. Writing them down will take some of the weight off your mind and put things into perspective.
- **Have a break.** Go out for an evening to get away from it all.
- **Relax.** Designate a few minutes each day to sit and do something relaxing, like reading a magazine or going for a walk.
- **Get help from others.** You do not have to cope with stress on your own. Ask people you know and trust to help you.





Warnings

Tearfulness, irritability, tiredness and quickly losing your temper are all signs that you are feeling stressed.



What to do

Consider all of the stresses in your life one by one. Write a list of how you can resolve each one. Share the load: get help from those around you.



What to say

Talk to someone you trust. Discuss any worries you have with your family.



Prevention

Do not wait until the stress becomes too much to get help. Try to deal with each issue as it occurs—dealing with things one at a time is much easier than letting them all pile up.

Useful Contacts

For more information, advice or support, contact:

- Parentline Plus, telephone: 0808 800 2222
- MIND, telephone: 020 8519 2122
- Anxiety Care, telephone: 020 8478 3400
- Bournemouth Parenting Practitioners, telephone: 01202 453965

