

Coping Skills For Stressed Parents

PRACTICE DEEP BREATHING.

REACH OUT TO FRIENDS AND FAMILY.

PRACTICE SELF-CARE.

LEARN TO SAY NO.

CHOOSE GRATITUDE.

PRACTICE HEALTHY TIME MANAGEMENT.

TAKE TIME TO EXERCISE.

UTILIZE PRACTICAL SLEEP SOLUTIONS.

HELP CHILDREN WITH THEIR STRESSES.

PLAN FAMILY ACTIVITIES.

REDUCE STRESS AT WORK.

STAY ORGANIZED.

DON'T BE AFRAID TO ASK FOR HELP.

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Stress Strategies For Parents

Kathleen Armour



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