

“Getting the Best
from Your
Emotions when
Your Emotions Get
the Best of You.”

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Stress



- * What is it?
 - * Your body's reaction to a challenge or threat.
- * Can it be bad?
 - * Too much stress can wear you down physically and emotionally
- * Can it be good?
 - * Some stress gives you energy



Why Learn About Stress?

- * Because parenting can be a stressful job!

- * Stress comes with a family life



- * The demands of career, children and personal needs often conflict
- * Change is a big source of stress and all families experience change at some point



- * Learning to handle stress is vital!



Causes of Family Stress

- * Poor understanding of children
 - * Children are not small adults. Don't expect them to act that way.
- * Lack of support
 - * Parents may have trouble meeting children's needs and their own without support from family, friends and the community
- * The myth of the "Perfect Family"
 - * Don't judge your family against an imaginary "perfect family." The pressure to live up to this ideal leads to stress
- * Low Self-esteem
 - * Many parents are unsure of their parenting skills. Each frustration is not a personal failure
- * Everyday problems like work, illness and finances

Stress affects the family

- * Abusive Behavior – stress can wear down a parent's self control
- * Depression – stress can make life seem hopeless
- * Lack of Structure in the Home – It may seem easier not to enforce rules, but this causes more stress for everyone
- * Damaged Relationships – If stress causes you to be short-tempered, other family members will begin to act this way
- * Illness- Stress can cause headaches, high blood pressure and heart disease
- * Alcohol and Drugs – A parent may turn to these for relief from stress. Instead, the result is more stress – and trouble

How can I Manage My Anger?

- * Recognize Your Feelings – It's the first step in gaining control of them
- * Be Aware of What Makes You Mad – Try to notice relationships, issues and times of the day that stress you
 - * Avoid them when you can
 - * Reduce them when you can
- * Find an Outlet - read, call a friend or go for a walk. Find what works for you!
- * Communicate Feelings in an Appropriate Way
 - * Count to ten
 - * Consider the effect your actions will have
 - * Say what you feel about the problem behavior, not the person who did it
- * Get Help – If you're having trouble expressing your feelings, don't shut others out. Ask for help.
- * Be Patient With Yourself – Learning to deal with your feelings takes practice. You'll make mistakes but don't give up!

How Can I Manage My Stress?

- * Build a support network
 - * Talk to family and friends often
 - * Share your concerns and ask for help
 - * Offer your support in return
- * Look for community resources
- * Learn more about parenting – learning to understand children and their behavior can make your job less stressful
- * Discipline – Plan discipline, don't just react

How Can I Manage My Stress?

- * Get enough physical activity – Aim for 30 minutes of moderate physical activity most days a week
- * Eat healthy when you can – more fruits and vegetables and less saturated fats, cholesterol, salt and sugar
- * Take time for yourself when you can
- * Get enough rest when you can

How Can I Manage My Child's Behavior?

- * Children are not small adults. Don't expect them to act this way
- * Set Clear Rules
- * Be Consistent
- * Be Firm but Fair
- * Be Encouraging

Let's Break up into Groups

- * Group 1: 0-2 years
- * Group 2: 3-7 years
- * Group 3: 8-11 years
- * Group 4: 12-25

Video

* <http://www.youtube.com/watch?v=TRF27F2bn-A>

Discussion

- * Has there been a time when you could have managed your child's behavior more efficiently based on the cognitive limitations of his/her age-group shared in this video?

RESOURCES

- * “Handling Misbehavior: Tips for Parents.” 1997. Channing L. Bete Co., Inc. To order call 1-800-628-7733. Item #71597A-9-97
- * “Stress and Parenting: What You Should Know.” 1998. Channing Bete Co., Inc. To order call 1-800-628-7733 or visit www.channing-bete.com. Item #PS73573
- * Here is a link for family/couples counselors in Conyers:
 - * http://therapists.psychologytoday.com/rms/prof_results.php?sid=1378735321.6714_27383&city=Conyers&county=Rockdale&state=GA&spec=296