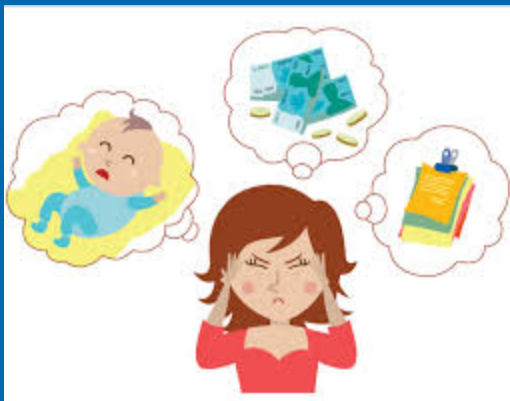


Parenting and Stress Management

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What is stress

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences.

The effect of stress

- Some of the most common signs of stress include:
 - * Being sick more often because of a depressed immune system
 - * Feeling irritable, agitated or impatient
 - * Feeling overwhelmed or overworked
 - * Feeling sad or depressed
 - * Low energy
 - * Poor sleep
 - * Feeling nervous or worried constantly
 - * Racing thoughts or trouble concentrating

Physical symptoms include:

- * Headaches
- * Stomachaches
- * Loss or weight gain



Stress is a Normal Part of Parenting

- All parents feel stress at some point.
- Disease, a new baby or other family changes can increase stress.
- Knowing how to manage stress will help you be a better parent.
- What other sources of stress can you identify?



How Stress Affects the Behaviors of Parents

- They tend to be more hostile and aggressive with their children.
- They are more likely to be authoritarian and tough on their children.
- They are more likely to resort to physical punishment.
- They are less emotionally involved with their children.

How Can Stress In Parents Impact their Children

- Children often feel when parents are worried, angry or stressed.
- When they are small, they may worry and think that the feelings of the parents are in response to something they have done.
- Learning to identify and respond to stress in a healthy manner will benefit both you and your children.
- In addition, you can show them how to manage their own feelings and experiences in positive and appropriate ways.



Take care of yourself

When we do not do a good job taking care of ourselves:

- Irritable
- Overwhelmed
- Depressed
- With little or no energy



- How long has it been since you had thirty minutes to yourself, to do what you want?

Why is it so hard for Parents to Manage their Stress



- It is being selfish
- Misuse of time
- They may believe that they are not worthy of personal time.
- They do not have time or cannot find the time.
- They do not know how to care for themselves or manage stress.

There is much to gain

If we care for ourselves:

- Renewed and more energetic
- Reassured and creative
- Ready and eager
- We teach our children, for example, how to take care of themselves
- We send the right message





Caring for yourself will help in Reducing Stress

- Eat well and get enough rest
- Avoid alcohol, drugs and caffeine. They can make you feel worse.
- Exercise is a great way to reduce stress. Take a walk with or without their children.
- What else can help you manage stress?

Try not to do Everything on Your Own

- Managing the family, home, work ... is a lot for anyone.
- Whenever possible, share the chores.
- Ask a friend / a, neighbor / a or a relative if they can help.
- Asking for help can make all the difference!

Take Advantage of Special Moments with Your Children

- Talk to them when washing dishes.
- Listen to music while sharing daily tasks.
- Make a walk or the drive to school a special time for you and your children.



Talking to other Parents Can Help

- Take a parenting class.
- Seek support and resources for parents online.
- Call the local office of the department of education or health to find parenting classes in your community.
- Seek the advice of his friends, relatives, teachers and other professionals.

When to Seek Help?

- If you feel you have lost control or fear that you can hurt your child, get help immediately.
- Make a list of people whom you can call when you feel stress and keep it near the phone.
- If you feel a lot of stress talk to your doctor or other professional who can provide help.

Latino Integrated Service Management Program (RRR-ISM)

ISM Program services include but are not limited to the following:

- Culturally sensitive services
- Counseling and psychotherapy
- Access to ongoing physical health care
- Treatment/Referrals for substance use/abuse
- Community Outreach and Education Services
- Case Management, Non-traditional services and linkages (YMCA membership, community classes, etc)
- Advocacy services
- Support from peers with similar experiences

➤ **Resources:**

<http://www.stress.org/topic-interest.htm>

The website of the American Institute of Stress

<http://www.apa.org/topics/topicstress.html>

The website of the American Psychological Association

<http://www.nlm.nih.gov/medlineplus/stress.html>

The website of the National Library of Medicine and the National Institutes of Health

- Health Care Agency Behavioral Prevention & Intervention: El Estres y la crianza de los hijos.

➤ **References:**

<http://www.apa.org/releases/women-stress1008.html>

The website of the American Psychological Association. “APA Poll Finds Women Bear Brunt of Nation’s Stress, Financial Downturn.”