Stress Management for Parents
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What is Stress?

- Stress is a physical and psychological reaction to a situation that places pressure on an individual.
• Any life event which requires the person to adjust or adapt in some way
Sources of Stress for Parents

- Altered sleep patterns
- New routines
- Family visits
- Separation
- Finances/Child Care
Stress effects the body and mind.
Common Reactions to Stress

• Sleep Disturbances
• Appetite Changes
• Muscle Tension
• Headaches
• Neck and Back Problems
• Fatigue
• Anxiety
Common Reactions to Stress

- Exaggerated Startle Response
- Increased Irritability
- Restlessness
- Gastrointestinal Difficulties
- Significant Mood Changes
- Increased Blood Pressure
- Frequent Urination
The impact of stress can be positive.
The impact of stress can also be negative.
How do you cope with stress?
Ineffective Ways of Coping

• Excessive Drinking/Substance Abuse
• Excessive Eating
• Excessive Smoking
• Avoiding Problem Situation
• Withdrawing from People
• Fighting/Arguing
• Procrastinating
Be Aware

Recognize when you are stressed
What are the symptoms of distress?

What lets you know you are stressed out?
What is Your Optimal Stress Level?

- Peak Performance
- Normal Range of Stress
- Overload Burnout
- Underload Boredom
Practice reducing stress through your personal mental attitude.
Laughter is Good Medicine

- Stress is tightening up
- Laughter is lightening up
Learn to RELAX
Physical coping strategies...
TOP 10 Stress Tips for New Parents

• Recognize you’re not alone
• Don’t’ feel guilty
• Accept help
• Childcare
• Make your health a priority

• Postpone major decisions
• Try to sleep when you can
• Let some things go
• Take only the advice you value