

# FEELING UNLUCKY? MANAGING PARENTAL STRESS AND FINDING CALM



## March is known as the month of luck, but sometimes in parenting things can feel unlucky. Don't worry, we've got you covered!

March is commonly referred to as the month of luck due to St. Patrick's Day. It is filled with pots of gold, four-leaf clovers, rainbows, you name it. However, there are times throughout parenting that feel unlucky. Here are some tips to manage your stress and find the calm in parenting!

### Fill Up Your Cup:

Engaging in activities that bring joy is essential for parents to maintain their mental health, as it allows them to recharge and reduce stress. Taking time for personal enjoyment boosts mood, enhances resilience, and helps prevent burnout by creating a healthy balance between caregiving and self-care. When parents prioritize their own happiness, they are better equipped to show up as their best selves for their children and family.

### Ask for Help:

Asking for help in parenting is crucial because it allows parents to share the responsibilities and reduce the overwhelming stress that can come with raising children. Seeking support from others, whether through family, friends, or professional resources, fosters a sense of community and strengthens emotional well-being. By acknowledging the need for assistance, parents can ensure they are better equipped to care for themselves and their children, creating a healthier family dynamic.

### Self-regulate:

By staying composed in challenging situations, parents model emotional control and problem-solving skills, teaching their children how to handle their own emotions. Practicing self-regulation also reduces the likelihood of impulsive or reactive behavior, promoting healthier communication and stronger relationships within the family.

### Take a Break:

Stepping away from a difficult moment allows parents to collect their thoughts, reduce frustration, and approach the situation with a clearer, more patient mindset. This pause not only helps parents manage stress more effectively but also models healthy coping strategies for children.



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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.