

## Mental Fitness News and Tips

### What to do about your Stress

March 2016

For the vast majority of us, life is challenging. As loving and responsible parents, we do our best to provide for our families. We either work demanding jobs away from home or many times tougher ones at home. Many of you do both and you do both well.

If you are like most of us, the daily stress and efforts of life can take its toll on your patience and your tone of voice with the ones you love the very most. I have never met someone who did not face this challenge on a daily basis. It falls under the category of "life." While we can't take the stress out of living, we can do our best to remember a few key things:

#### 1) Expecting no stress creates more.

Knowing that life is stressful for all of us and that this is the standard state of affairs can go a long way toward helping us avoid being overwhelmed by it. Talk to some of your friends who have children and you will see that you are not alone.



#### 2) Seeing purpose in stress creates hope.

Every difficulty we face can either break us down or grow us up. When we look for the growth and learning opportunities each difficult situation brings, our perspective remains far more positive.

#### 3) Emotional connections with others make it seem smaller.

Many of us withdraw or throw ourselves more deeply into our work when we feel stressed. As a result, we isolate ourselves from the relationships that give us the most strength. Spending time relaxing, exercising, joining a group, or taking a class can really help. Put down the phone and connect with another adult who shares your interests.

#### 4) Our children are looking to us for calm leadership.

As we all know, kids take their emotional cues from the adults around them. When we can keep ourselves positive in the face of stress, will our children be more likely to do the same? YES! When we can talk to them in a tone that truly communicates our love for them, will they respond in far more positive ways? YES!



#### 5) Do not expect yourself or your kids to be perfect.

We all get snippy and snappy from time to time. Forgiveness is a wonderful thing. Remember to be good to yourself on a daily basis!

Adapted from Love and Logic Institute, Inc. @ [www.loveandlogic.com](http://www.loveandlogic.com)

## MANAGING STRESS

### Love and Logic® One-Liners

**When said with true empathy and not sarcasm, these one-liners can keep you calm when responding to arguing and negativity.**

- I love you too much to argue.
- I bet it feels that way.
- That is an option.
- Probably so.
- Nice try.
- What do you think you are going to do?
- I bet that is true.
- I know.
- That is one way of thinking about that.
- Could be... and what did I ask you to do?
- Thanks for sharing.

This newsletter is provided by the School Community Partnership for Mental Health, of which MPS is an integral part.