

## Managing Your Every Day Stresses and Anxieties As a Parent

It can be tough being a parent and dealing with your stresses and anxieties. Here is a brief list of techniques that a person can use to help manage their every day stresses and anxieties while taking care of the kids. Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breathe and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Another technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements. When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success. In dealing with your anxieties, a person should learn to take it one day at a time. Instead of focusing on exaggerated assumptions that may or may not happen, focus on the present and rely on the facts of the present situation. A good way to manage your fear is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. As a Layman, I realize that our anxieties and stresses can sometimes get the best of us, however there are many helpful resources available. It might take some hard work and persistence, but it is possible to find those answers in managing your anxieties.

### About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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