

Coping With The Anxieties Of Being A Parent

It can be tough being a parent and dealing with the stresses and anxieties of taking care of your family. As a result, 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 and other family members. Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath 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. Do not let your anxieties get the best of you. A 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 and stressed, open up your small notebook and read those statements. Take things in stride. 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. Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself. A good way to manage your fear is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you feel anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, some people may think that if they do not do everything right then they will fail as a parent. This is not true. You will have your good days and your bad days. Parenting takes practice and a lot of patience. Finally, take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your stressful problems. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that parenting and taking care of a family can be stressful. Take things one at a time. Patience, persistence, and being committed in trying to solve your problems will go a long way in managing your anxieties and stresses.

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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