

## Pressure Tool Kit Tips

1. Talk to your kids, and really listen. Try to communicate on a deeper level. Look for signs that your child is stressed.
2. Do not burden your child with your problems. It is important to keep our stress in check, and remember that they are feeling a lot of the same stressors as we are. Do not minimize their problems.
3. Look for and compliment the good. Teach your child to talk positively to themselves and help them to think about each situation optimistically.
4. Take a stand against over-scheduling. Keep life simple. Slow down.
5. Be realistic. Show your children that you don't expect perfection—no one is perfect. Let them know that you want them to ask for help when they need it.
6. Show your children that you see setbacks and problems as temporary and solvable.
7. Teach your kids that change is a normal and challenging part of life.
8. Make time for fun and relaxation. Make exercise and sleep a priority. Stay away from alcohol, tobacco, and drugs. They absolutely deplete your reserves.
9. Show your kids that you are a good problem solver. Do not avoid the little problems that arise. Feeling capable of solving life's little problems builds inner confidence to move on to bigger ones and can serve you well during times of stress.
10. Get professional help when problems seem beyond your skills!
11. Build a strong support system for yourself and your family.
12. Have a compassionate understanding of yourself! This will allow you to have a deeper emotional connection with your children.