Parental stress & anxiety can have an impact on your children’s emotional functioning & can cause them significant sleep disorders.  

*(Sleep & Health 2009)*

**Stress Relief Tips for Parents**

Stop trying to be a SUPERPARENT!
- Make lists, prioritize & group your errands & chores
- Carpool with other parents
- Limit your children’s activities to a number you can manage

Take care of yourself!
- Put the children to bed early or get up early to have some quiet time
- Live healthy: Eat a well-balanced diet, exercise, get regular checkups
- Learn relaxation techniques: Meditation, visualization, breathing exercises
- Accept offers from those you trust to baby-sit & take an occasional break
- Take up a hobby to help relieve stress

Do things you & your children enjoy!
- Keep your sense of humor – laugh everyday (like your children do)
- Take time to give individual attention to each child each day: read a story at bedtime, play ball, let your child help you make dinner, etc.

Take advantage of Living Well: Make it a Priority Programs: Resource & Referral Service, Exercise Resources, & more. Go to our website at [www.LivingWell.utsystem.edu](http://www.LivingWell.utsystem.edu)