

STRESS-REDUCTION TIPS FOR PARENTS

1. **Participate in activities that include teens and adults:**
Let your teen help plan these activities and let him or her bring a friend.
Consider sports, movies, hiking, skiing and camping.
2. **Set a good example**
Smoking, alcohol and drug habits are learned from witnessing others doing it particularly in the home. On the other hand, positive habits such as exercise, eating right, getting along with people and resolving conflicts are equally learned from example.
3. **Don't sweat the small stuff. Things that don't really matter.**
Things like make-up, bed-making, fashion, messy rooms and posters may not be worth the battle.
4. **Be clear from the beginning about your values and the rules of the house**
If there's a problem in following the rules, post in the fridge or in any other visual area.
5. **Be clear in advance about what the rewards and/or consequences**
Try to have more positive rewards or incentives such as praise rather than negative ones.
6. **Encourage involvement in group sports**
Running, horseback riding, dancing, or any other activity needs to be encouraged.
7. **Take turns**
If you have more than 1 child, please make sure to set special time aside with each one so they get your undivided attention.
8. **Develop your own ability to handle stress**
Anger, hostility, loud noises, conflict, disappointment and frustration are areas in your life that need to be addressed. Please attempt to see every opportunity as learning to increase your skill in handling problems. It is always good to try new strategies however, always be consistent and calm. Always try to turn an argument into a win-win situation.
9. **Above all, always try to maintain a spirit of love and good humor in all things.**