



FIVE FOR FAMILIES IDEA

Reducing Stress

Every parent has times when it is difficult to shake feelings of anxiety or stress. Trying to decrease these feelings can boost your inner strength so you can focus on meeting your child's needs—and your own.

Get physical: Dance, jump, walk. Physical activity is a proven stress reliever.

Use scent: Surround yourself with your favorite relaxing scent from candles, flowers or baking.

Find a positive distraction: Tune out troubling thoughts with your favorite music or a movie.

Enjoy nature: Spending time in an outdoor setting can be very soothing.