

Focusing on...

# Building Inner Strength



“Me time” is important for parents. Even small things can be relaxing and reduce stress. When parents manage *their* stress, they have more patience. The ability to remain calm helps children feel safe and secure.

**Remember: Building Inner Strength = Parent Resilience**

## Tips

- Feeling overwhelmed and unable to think of something that will fit into your busy life is not unusual. You are not alone.
- Don't give up. Watch the [Hear from Parents video](#) on Building Inner Strength.
- Start with something small and simple like grocery shopping alone or a short walk with a friend.
- Remember that people need and enjoy different things. Some like relaxing activities and others, new challenges. Find what works for you.

## Information

[Why “Me” Time Matters When It Comes to Your Happiness](#) Enjoy this infographic with great info on why we need time to ourselves and where to get it.

[How to Boost Resilience in Mid-Life](#) A New York Times article outlines things adults can do that really work to help them be more content and better able to withstand the ups and downs of life.

[Taking Care of the Parent: Replacing Stress with Peace](#) This short publication is full of ideas for parents for dealing with stress.

[VeryWell Mind](#) and [VeryWell Family](#) These two online resources contain many articles about adult resilience and ways that parents can care for themselves.

## Resources

[Living the Protective Factors Affirmation Cards](#) 57 messages designed to spark creativity, provoke thought and provide support when you are feeling overwhelmed or stuck as a parent.

[What Are My Strengths?](#) and [What Went Well](#) Use these activity sheets to guide you in taking a positive perspective.

[Take Care of Yourself](#) and [Goals for Better Health](#) These reflection exercises can help with focus on health and well-being.

[Dealing with Stress](#) This worksheet can be used to develop a concrete plan for managing your stress.