

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 and are better able to remain calm which helps their 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.
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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!](#) Activity sheets to guide you in taking a positive outlook.

[Take Care of Yourself](#) and [Goals for Better Health](#) Reflection exercises that focus on health and well-being.

[Dealing with Stress](#) A worksheet that guides you in developing a concrete plan for managing stress.

[The Science and Practice of Self Regulation](#) A webinar on what understanding our brains tells us about resilience, healing and self-regulation, including practical tips on how to calm yourself under stress.

[HOPE \(Healthy Outcome from Positive Experiences\) Interactive Learning Module](#) Learn how positive experiences help strengthen young people in challenging circumstances.

[Resilience Skills Sheets](#) Enhance your understanding of different aspects of inner strength and how to build upon them.
