



Prevent Child Abuse

Indiana™
A Division of The Villages

A Chartered State Chapter of Prevent Child Abuse America



STRESS MANAGEMENT

HANDLING THE TOUGHEST JOB

As with everything you want to do well, parenting requires learning and practicing ways to do the job more effectively. Try these ideas for managing stress in order to enhance your potential as a parent.

Breathe

Take deep breaths (do each for a count of four; breath in, hold, breath out, hold) and repeat five times

Walk

Go for a walk with your child.

Count

Close your eyes and count to ten.

Listen

Listen to music and/or sing.

Reach Out

Reach out to family or friends; People who make you feel good and hopeful, who talk through struggles, and watch your children and give you a break.

Watch

Watch TV for short periods -- remove yourself from difficult situation.

Stay Healthy

Keep yourself healthy; Eat a balanced diet, get regular exercise, get regular sleep.

Make A List

Make a list of things that bring you joy
- DO THEM!!

Ask

There are no perfect parents. Ask for help – **All parents need help!**

Anticipate

Anticipate problem issues before they happen.

Talk

Talk with a counselor, a trusted advisor, or friend before you feel overwhelmed.

MORE RESOURCES

Prevention and parenting information



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WEBSITE**
PCAIN.ORG



SUICIDE & CRISIS
**988 HOTLINE (CALL,
TEXT, CHAT)**



RESOURCES FOR HELP
211 HOTLINE



**RESOURCE FOR
SUPPORT**
**1.800.CHILDREN (24/7
HOTLINE)**

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