A partnership between SAMS & PARENT TO PARENT
Managing stress

- Acknowledge It – Develop ways to cope
Ever feel Like this??
Clues that your stress levels are high!!

- Mind - Forgetting
- Body - Headaches
- Emotional/Social - Fear
- Behavioural - yelling
Managing Stress

- Identify what is causing the stress
- Look after our own needs
Ideas people have shared that work for them

- Breathing Techniques
- Exercise
- Visualization
- Solution Focus
- Me Time
Things that don't work so well

- Ignoring It and Hoping It Will Just Go Away
- Eating, Drinking, Smoking to Excess
- Laying Around and Hoping It Will Vanish
- Becoming Depressed
- Poor Communication
What you can try …

If at first you don’t succeed, try, try again.

- Don’t Avoid It - Adapt
- TRY to Eat Healthy
- Exercise – Breathing Techniques
- Seek Information – Try Laughter – Be With Upbeat People
- Effective Communication
Balance
All Parts Matter – Are you balanced?

Mind                       Body               Balance to affect change

Soul

Taha hinengaro
Mental and emotional well-being

Taha tinana
Physical well-being

Taha whanau
Social well-being

Taha wairua
Spiritual well-being
MANAGING STRESS MAY TAKE ENERGY YOU DON’T THINK YOU HAVE!!
Some other key thoughts to help us manage stress...

- Friends
- Being informed
- Be aware of changes in yourself
- It is okay to acknowledge when you aren’t coping well
Tried it .... It didn't work!!!

Stress Reduction Kit

Bang Head Here

Directions
1. Place kit on FIRM surface
2. Follow directions in circle of kit
3. Repeat step 2 as necessary, or until unconscious
4. If unconscious, cease stress reduction activity
DESC

effective communication

By Bower and Bower

- D Describe the situation you want to change
- E Express (one emotion)
- S Specify what you would like different
- C Consequence - the positive outcome when the change has been made

Emphasize 4 sentences
Useful resources

- Video – advice on stress
- General information - A Guide for Carers
Thank you!

Please take the time to give us feedback.