

CARE MATTERS

LEARNING & WELLBEING

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!!**



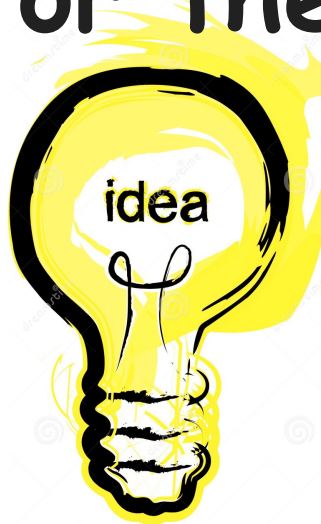
- **Mind - Forgetting**
- **Body - Headaches**
- **Emotional/Social - Fear**
- **Behavioural - yelling**

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

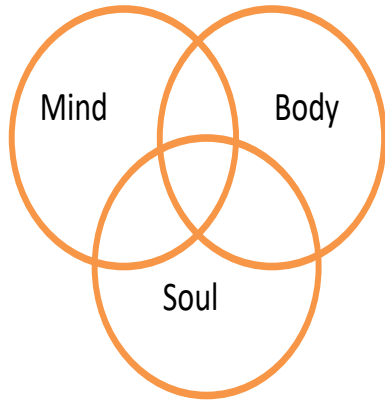
What you can try ...

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?



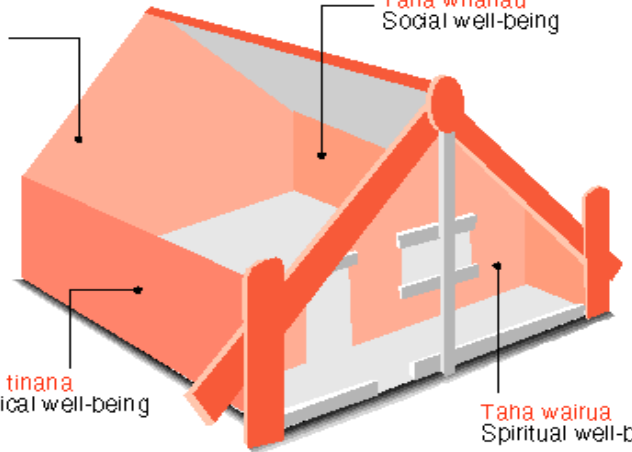
Balance to affect change

Taha hinengaro
Mental and
emotional well-being

Taha whanau
Social well-being

Taha tinana
Physical well-being

Taha wairua
Spiritual well-being



MANAGING STRESS
MAY TAKE ENERGY
YOU DON'T THINK
YOU HAVE!!

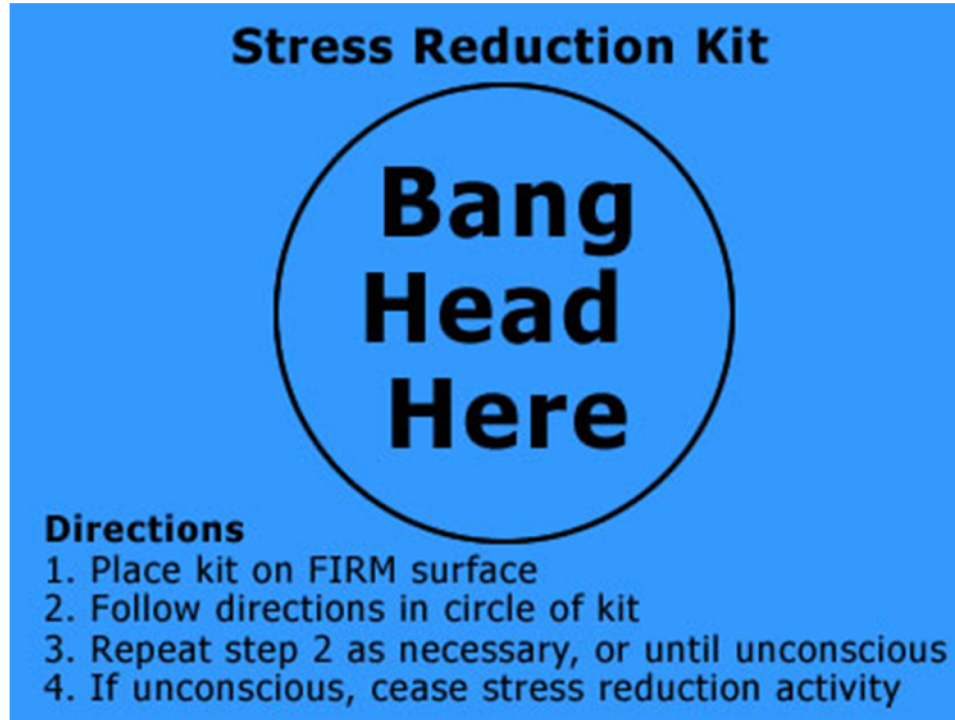


Some other key thoughts to help us manage stress...

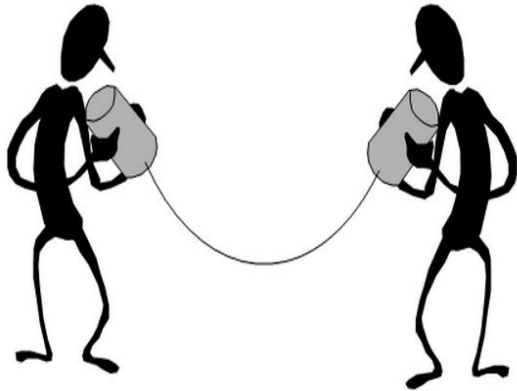


- **Friends**
- **Being informed**
- **Be aware of changes in yourself**
- **It is okay to acknowledge when you aren't coping well**

**Tried it It didn't
work!!!**



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

- <http://www.healthnavigator.org.nz/health-a-z/s/stress/?tab=9560>
- Video – advice on stress
<http://www.healthnavigator.org.nz/videos/s/stress/>
- <http://www.health.govt.nz/your-health/services-and-support/disability-services/getting-support-disability/needs-assessment-and-service-coordination-services>
- General information - A Guide for Carers
<http://www.msd.govt.nz/what-we-can-do/community/carers/>
- <http://carematters.org.nz/looking-after-myself/>

Thank you!

Please take the time to give us
feedback.