

# MANAGING STRESS



## for parents and carers

Caring for children can be stressful and demanding - here are 3 tips to help parents and carers manage stress

### 1 Make Time For Yourself

Taking time to recharge can help lower your stress levels and keep you connected with your identity outside of parenting.

### 2 Connect With Your Village

Asking others for help and connecting regularly with your support network can help reduce stress.

### 3 Set Good Boundaries

Establishing realistic routines and commitments for your family can improve everyone's sense of wellbeing.



More info and  
watch the video.