

MANAGING STRESS

outback futures
TOP TIPS

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.



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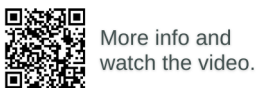
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