

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.



More info and
watch the video.