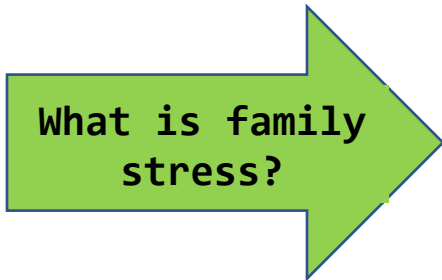


Family Stress: Formula for Management



What is family stress?

Stress can be an obstacle in the functioning of a family which functions best when family member needs and well-being are priorities. Knowing how to handle stress is an important skill for all members of a family to learn.

Take a second

Any stressful situation can take a toll on mental, physical, and emotional health. To manage stress, first process the stressful experience by yourself. Gather your thoughts. Acknowledge your feelings and thoughts.

Pinpoint the source of the stress

Determine what is causing the disruption in the family. Identify details about the stress which is essential to finding a solution.

Identify your support circle

Who will help you and your family during this time? Knowing that others are in your support circle can be a source of comfort. It's important to not feel alone during stressful times.

Take Inventory

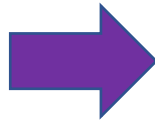
Stress affects family members differently. Take time to check in with each member. Ask how they are feeling and what they are doing to cope. Stressful events can be confusing, frustrating, and challenging for children who look to adults to help them understand and try healthy ways to cope.

Take care of mental and physical

Get enough sleep, drink water, exercise and eat nutritious foods. Remember that you do not have to handle this alone. If you feel that the situation has no solution and you're feeling hopeless, seek professional help. Some stress is too much to handle without expert help.
Put professionals in your support circle!

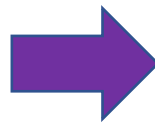
Activities at Home

What do you do when you are stressed?



As we are all spending a lot of time inside these days, there may be new things that stress us out. Over the course of a few days or week, have family members write down, type, or text what stresses them out and how they manage it. At the end of the week, have everyone share. Sharing what stresses us out and what we do to manage it, helps us and our families recognize when we are stressed and maybe they can help us manage it.

Make a Stress Ball



WHY

Sometimes stress does not go away and repetitive movements can help you focus and reduce stress on your own. Some people hum, others tap specific points on their body in a pattern, and others use tactiles. A tactile, is an object such as a stress ball, can help you feel calm during stretches of stress.



HOW

1. Pick a balloon
2. Fill balloon with a squishy/soft substance (shaving cream, flour, cornstarch, or rice using a funnel. Adults may have to help.
3. Tie the balloon & enjoy the ball!

References

McCubbin, H., & Patterson, J. (1983). The family stress process: The double ABCX model of adjustment and adaptation. *Journal of Marriage & Family Review*, 6(1-2), 7-37.