**WAYS TO BEAT STRESS**

1. If in doubt, wait until later to respond to a situation
2. Use the serenity prayer for sorting out problems.
3. Keep responses in line with known facts.
4. Seek out alternative explanations for problem situations.
5. Modify your inner monologue to talk yourself UP not down.

**EMOTIONS FOLLOW THOUGHTS!**

**Positive Action Steps you can take now!**

1. Seek assistance from another parent.
2. Talk-with your mate, family, friend, or a significant other.
3. Rely on the positive sources in your life– pastor, minister, priest, or rabbi; good friend or counselor.
4. Take one day at a time- Fear of the future or worrying about the “what ifs” can immobilize you.
5. Learn the terminology- don’t hesitate to ask questions.
6. Seek information – accurate information.
7. Do not be afraid to show emotion – emotions are natural
8. Learn to deal with the natural feelings of bitterness and anger – recognize any anger and learn to let go of it- you will be better equipped to meet new challenges.
9. Maintain a positive outlook.
10. Keep in touch with reality.

SOME THINGS WE CAN CHANGE – SOME WE CANNOT – LEARN WHICH IS WHICH