

Say This... Not That

To Reduce Your Stress as a Parent



Instead of Saying (to Yourself)...

There's too much going on. I can't handle it.

Setting boundaries SOUNDS great, but it's not that easy. Even when I set boundaries, I still feel bad.

I can't believe my daughter is melting down in front of everyone. She needs to stop NOW. It's so embarrassing!

Say This (to Yourself)...

There is a lot going on. If I spend my energy on thinking of all of the things I'm *not* doing, I'm going to feel overwhelmed. I can take that energy and write down everything I need to do and decide what I can take action on.

Setting boundaries IS uncomfortable at first. It's not a quick fix. But I'm going to feel uncomfortable either way: If I don't set boundaries, I'll feel overwhelmed; If I do set boundaries, I'll feel guilty and others won't like it as much. At least in the second scenario I'm not burning myself out... and the energy in my home is more likely to improve as a result.

When I try to *make* my daughter stop doing something, she only gets more upset and I get more stressed. Since I can't control her, I'm going to focus on calming MYSELF down. Not only will that reduce my stress, but it will likely help her too.