

# Bear Wellness

“The greatest weapon against stress is our ability to choose one thought over another.”

*Bear Wellness  
quote of the  
month*

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts to be assured that our questions are just as important as our answers.”

## *Stress management for Parents*

Some stress just can't be ignored, and it's never a good idea to avoid an issue that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- **Learn how to say no** – both on a professional and personal level. You should never take on more than you can handle as this will be a definite recipe for stress.
- **Make your feelings known - instead of bottling them up** - if something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment can build and the situation will likely remain the same
- **Limit the amount of time you spend with people who stress you out** – If someone consistently causes stress in your life, limit the amount of time you spend with that person and be more aware of your reaction to them. Your reaction is thankfully something you can control.
- **Take control of the situation** – Identify how you can limit stress in a particular situation e.g. if grocery shopping makes you stressed do your grocery shopping at a less busy time or make a list. If driving to work stresses you out find a less busy route or cycle.

