

Identifying Your Stressors



Stress can make being a parent more difficult. In addition to issues like health, substance abuse, community violence, or unemployment, the simple problems that happen every day can wear you down. The first step to overcoming stress is knowing where it is coming from. *Print or copy down the questions on this page to help you think about your family's stressors.*

What is the first thing you worry about when you wake up? The last thing at night?

What is the most stressful part of the day? What is happening around that time?

Think about a time when you were very calm. What led to that?

Being a parent is a stressful experience on its own. Describe a time when you were frustrated with your children and how you dealt with it.

If you could wave a magic wand and make one problem disappear, what would it be?
