**Be Kind to Yourself:**

* Practice self-care by being kind and forgiving towards yourself. Parents can be really hard on themselves and this can be born out of intense feelings of love and concern for our children, as well as the desire to get it all right all the time. But there’s no such things as a perfect parent who does it all right, all the time. Whether you lose your temper once or twenty times, acknowledge to yourself that you’ve made mistakes, and commit to doing better in the future. Acknowledge that you aren’t perfect, that you may have future problems and praise yourself when you find you are parenting at your best.

**Have realistic expectations:**

* Keep your expectations of yourself and parenting realistic and reasonable. Give yourself permission to be imperfect and recognize the inevitability of being inadequate at the job of parenting If you have difficulty reminding yourself.

**Avoid power struggles:**

* Be careful not get hooked in to a pattern of negative interactions with your child when you get triggered. Don’t react to their reactivity and get caught in a battle of wills. Hold on to yourself and your realistic expectations of yourself and your child, stay focused on your child’s strengths instead.

**Stop futurizing:**

* If you are a big worrier, you probably carry lots of scary mental images of your kid’s outcome in your head, images of disaster, what will happen if they venture out by themselves, failure, catastrophes befalling them. When these negative images get in your head, replace them with an opposite image a more realistic thought.

**Release your stress through exercise:**

* Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This is because exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers and also improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins.

**Get Support:**

* Talk to someone, establish your support network.

**Take Time out:**

* Do something for you (give yourself a treat).