

SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE GRATITUDE

BE Mindful

DO COLOR BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO MUSIC

GO FOR A WALK

SIT ON THE PORCH

Relax

I CAN PAUSE AND

Get. Outside

SPLASH WATER ON MY FACE

BREATHE DEEPLY

SWIM

WORKOUT

GARDEN

CLEAN

CALL A FRIEND

CUDDLE WITH A PET

SING A SONG

Create

CROCHET

Connect

LOOK AT FAMILY PHOTOS

BAKE

HUG SOMEONE

HAVE A DANCE PARTY

JOURNAL

Big Life Journal

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them**...and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it. **Pause and take a breath.**
 - When frustration arises, use the helpful practice **S.T.O.P.**
- S-** Stop what you are doing
T- Take a few deep breaths
O- Observe your thoughts and feelings as they are
P- Proceed with whatever you were doing before



3 KNOW THE “90-SECOND RULE”

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **“Mommy is feeling very tired and grumpy right now.”**



4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, “I have to” to, replace it with **“I get to.”**
- “I have to take my daughter to ballet” versus “I get to take my daughter to ballet”.
- “I have to put him to bed” versus “I get to put him to bed.”



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**

