

# **Parent Education Resource Package for Primary Schools**

**What to do when stressed out?**

**How to cope with parental stress?**

## **Strand III: Promotion of Parents' Physical and Psychological Well-being**

### **Introduction**

“Parenting is a lifelong commitment.” While parents naturally want to see their children grow up healthily and happily, chasing perfection can be stressful for both parents and children. Parent’s well-being is vital to a healthy parent-child relationship and a harmonious family. This activity explores some ways, such as emotional awareness, relaxation, mindset shifts and seeking support, that parents can employ to relieve and manage parental stress.