

How to Parent Well When You Worry Too Much

1. Control Only What You Can Control

Make a list of things you can control, and a list of things you can't. Learn to let go of things you can't control.

2. Learn to Calm Your Thoughts

Make a list of things that you can do to calm yourself in an anxious moment, and refer to it when you're anxious.

3. Rate Your Fear

When you feel anxious, pick a number from 1-10. Then, think about your worry again from someone else's perspective. Is the number different?

4. Speak It Out Loud

Sometimes, hearing it makes us realize how unrealistic it really is.

5. Give Your Kids A Job

Make a list of the things you worry about for your children. Find an age appropriate way to start to teach your child the skills.

There is no shame in seeking help from a mental health professional. It does not mean that you are a horrible person or have some terrible character flaw. Rather, it means you care enough about yourself and your family to get the support you need to be the parent and person you want to be!