

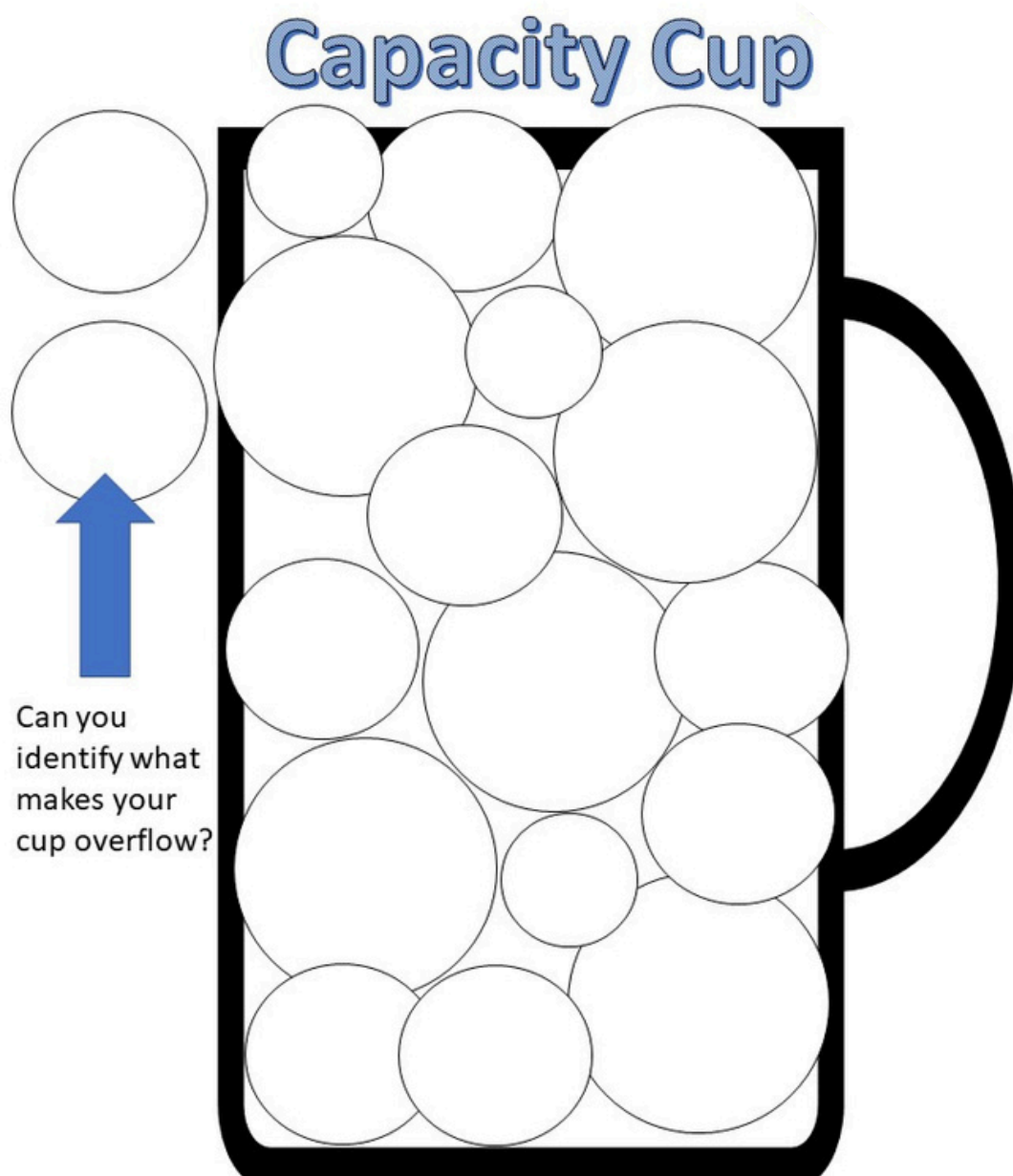


Dealing With Pressure

Caring for a child or young person is fast paced and challenging. As parents we want to fix problems and support. Alongside outside pressures of work, finance, adult relationships and life in general it is easy to feel like we are spinning plates. This is overwhelming! And when we are overwhelmed, we can easily lose touch of what we need, and how we are regulating our reactions and responses to stress, as can our young person.

Keeping a journal can be time consuming and not something we all have time to do, however, if you feel you have time, try to reflect on challenges and feelings that you have noticed at the end of each day. Identifying themes can help us tackle the things that crop up the most and work towards adapting our reactions and how we manage our emotions. The capacity cup worksheet is a way of breaking down the things we are currently dealing with. It can even be a useful tool to help you reach out for support. If you feel it appropriate, complete the worksheet with a partner or loved one and see if you can delegate some of the things in your cups. When we are in autopilot mode it feels like you don't have time to think about all the things on your to do list (it is easier to just do them!). This only adds to the overwhelming feeling and can have a negative impact on our wellbeing. By reflecting on what we can do and what needs to change, helps to push us towards creating that change and reducing that pressure.

Dealing With Pressure Worksheet



Consider the pressures you are experiencing right now. The big ones and the little ones. They all fill our cup and can cause it to overflow.

Is there anything that is not yours to worry about?

Are you worrying about things that are outside your control?

Can you let go of any of those pressures or worries?

By reflecting on this, we can learn to let go of some of those feelings that cause us to feel overwhelmed and explore whether we need help from others to reduce some of that pressure.