It is the time of year when parents are preparing to send their children back to school. It can be a fun and exciting time. But for some parents it can be stressful. Below are some helpful tips to deal with stress whether or not you are a parent.

- Get up **15** minutes earlier in the morning
- **Prepare** for the morning the evening before
- Be prepared to wait. A good book can make a wait almost pleasant
- **Plan** ahead. Don't let the gas take get below one-quarter full
- Simplify, **simplify**, simplify
- Make friends with non-worriers
- Get enough **sleep**
- **Avoid** too much alcohol or caffeine. Both of these are thought to be relaxing but can actually make things worse
- When stressed take long slow deep breaths
- Everyday do something you **enjoy**
- **Focus** on understanding rather than on being understood, on loving rather than on being loved
- Have an optimistic view of the world**. Believe** that most people are doing the best they can
- Pollyanna-Power! For every one thing that goes wrong, there are 10 or 50 or 100 blessings. Count them!!!

These tips and more can be found at www.childdevelopmentinfo.com/parenting/stress. If you would like more information on this topic, please contact Lisa Cannon, Substance Abuse Prevention Coordinator at 989-462-0142 or lisa@linkforfamilies.org