

Ten Top Tips[©]

when living with teenagers

Parents, here are ten tips on looking after yourself as you navigate the sometimes treacherous waters of living with teenagers!!

1. **Take the pressure off yourself!** Just as there are no *perfect* teenagers, there are no *perfect* parents. You will make mistakes and your teenagers can actually learn from them, if you are able to admit it and move on.
2. **Remember that conflict is normal and is a part of your family's development.** So attempt to see conflict as a means of learning and re-negotiating the relationship you have with your teenager.
3. **When the conflict escalates, stress levels increase dramatically.** So call for time out to calm down and de-stress. Go for a drive, a walk or take a shower when you feel the situation isn't going anywhere and you're feeling uptight.
4. **Make time on a regular basis for fun and relaxation.** If you don't regularly "re-charge your batteries", chances are you'll be no good to yourself or to your teenager.
5. **Be aware of the signs and symptoms of stress *for you*.** Listen to your body when it's telling you to take a break.
6. **If you have a partner, make time for your relationship.** It's not only your relationship with your teenager that's important. So take time out together.
7. **Talk to other parents of teenagers when you can.** It is often extremely rewarding and comforting to exchange thoughts, ideas and experiences with people in similar situations.
8. **When you feel you have run out of ideas or that you would like some extra support,** think about joining a parent support group, doing a parenting course or talking to a counsellor.
9. **If relaxation and you have a distant association these days, explore what's on offer** in your local community in relation to stress management, relaxation, meditation, yoga and exercise activities.
10. **Diet and regular exercise form the basis of effectively managing stress in your life.** Consult your family doctor to discuss making positive changes to your lifestyle and developing better self-care.



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"People making time for people"