



**A Shower of Emotions**  
Dealing with Moisture Stress

# Family Stress Discussion Exercise



## Evaluate Your Experience of Family Stress

Ask yourself or discuss in small groups the following questions:

- Is our family experiencing a high level of stress?
- How are our children handling the challenges we are going through?
- What is preventing our children from handling stress in a positive way?
- What can we change so that our children can deal with stress in a more effective way?
- Are there things we should modify or adapt in how we assist our children in dealing with family stress?
- Is attention to our children and their well-being a priority?

## Consider Positive Examples of Dealing with Stress

Write an answer to the following two questions:

1. What are experiences I've had in helping my children deal with stress that have been most successful or that I feel were most effective?
  
  
  
  
  
2. What are ways of handling stress that I think would be appropriate and helpful to me and my children that I would like to begin?

## Set Goals for Managing Family Stress

Set goals for taking specific steps to assist children and deal with family stress that is facing you. Brainstorm and be as specific as possible.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_



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