



5 Principles for Turning Family Stress into Resilience

Principle 1: Self-Care

1. Look at the activities below. Circle 1-3 that you will practice on a regular basis over the next month. **Bonus:** Share your plan with a supportive adult who can help you be accountable.

Self-Care Practices			
Journaling	Making art	Exercising	Breathing slowly
Self-reflecting	Doing service	Praying	Getting good sleep
Meditating	Going to therapy	Having a hobby	Sitting less
Being mindful	Gardening	Delegating to others	Accepting help
Cultivating self-compassion	Meeting a friend outside	Anticipating mistakes	Connecting with nature
Having appropriate boundaries	Eating good food	Reading spiritual or philosophical texts	Practicing assertiveness

Principle 2: Collaboration

2. Who are you going to collaborate with to shrink your family stress? (Think: spouse, partner, ex-spouse, adult family member, your older kid(s), etc.).

3. Have a meeting with your collaborator to figure out the following:
 - a. What are your **goals** for home life, work, and school over the next few months (or other period of time)?

- b. Who is **responsible** for attaining the above goals? In other words, how will you and your collaborator share responsibilities? Example: You help the kids directly with schoolwork, and your spouse takes on more household chores.

- c. What **logistical** adjustments might you and your collaborator(s) need to make to your schedules? Example: Start weekly family meetings to coordinate your efforts.

Principle 3: Consistency

4. Review the strategies in the table below and circle the ones that would be most helpful, given your unique family situation. **Bonus:** Show your answers to your spouse, partner, or other collaborator(s) and work with them to put these or similar strategies into practice.

Home	Discipline	Mini-Celebrations	Ending Times
Set up work area and play areas	Avoid extended / harsh punishments	Get takeout from a favorite restaurant	Stop screens 1 hour before bed
Have a schedule	Play together	Take a mini-road trip	Stop work by dinner
Assign regular chores	Reinforce positive behaviors	Have a family game night	Stop homework 1 hour before bed
Eat at 1 meal together everyday	Set and follow through with limits	Have a family dance party	Turn off phone notifications at night
Create a simple family calendar	Calmly address misbehavior	Have a family movie night	Have an “ending ritual” (e.g., a hug)

Principle 4: Flexibility

5. What changes in your home life, work, or kids' schooling do you anticipate happening over the next few months?

6. How can you practice being flexible if these changes happen?

7. Which, if any, of the following strategies will help you practice flexibility in the next few months? Circle all that you can reasonably make use of.

Flexibility Practices	
Focus on what's within your control	Allow kids extra screen time when <i>you</i> need it
Give yourself a brief "work pass"	See the big picture
Remind yourself that you're just experimenting now	Challenge any negative automatic thoughts you might have
Use breaks liberally	Give your kid(s) a "homework pass"

Principle 5: Essentialism

8. What is most important to you and your family right now?

9. What does the “good enough” version of your life look like?

10. What do you need to focus on most in order to reach “good enough”?

11. What might you need to let go of (for now)?
