

WVATC TIP SHEET:

WV Autism Training Center

(304) 696-2332

www.marshall.edu/atc

atc@marshall.edu

How to Manage Stress While Parenting Children with ASD



Learn to recognize when YOU are becoming overwhelmed

Increasing stress levels can sneak up on us. Some common signs of stress include:

- Feeling irritable or overwhelmed
- Continuous worrying
- Increased anxiety



Breathe

Staying calm and regulating your own central nervous system will help you respond to stressful situations in a positive way.



Get enough sleep

Get 7-9 hours of restful sleep. If your child has sleep disruptions, it is important to still find ways to get your rest. Remember, "you can't fill from an empty cup."



Establish healthy routines

- Daily routines for consistency.
- Eat healthy, whole foods.
- Drink plenty of water!
- Move your body!



Get connected

Create healthy relationships and find people to fellowship with who understand what you are going through in a safe environment.



Take a step back

Sometimes giving yourself a break allows you to rethink and reset before you reapproach the situation.



WEST VIRGINIA
AUTISM TRAINING CENTER
AT MARSHALL UNIVERSITY