

## **Module 1: Stress**

Stress is part of our daily life. Some stressors are positive (such as having a baby), while others are more difficult to accept or deal with (such as a separation). Either way, stress affects us all, and it can affect the mother's relationship with her child.

When we are stressed, that stress can influence how we feel physically. Some of us may feel tired, tense or have headaches. The stress affects our emotions. We may feel irritable, upset, or angry. Stress can also affect our activities and interactions with others, including our own children.

It is important to know and identify the stressors in your life, and to understand how they affect you and your relationship with your baby. This is the first step towards developing a plan to manage stress.

How do you think these stressors affect your baby? What about the parent-baby relationship? What kinds of stressors affect you as you plan for your baby's arrival, or when you welcome your newborn into your life?

Children often look to their parents to learn how to handle stressful situations. To show them how, it's a good idea to set a good example by managing stress yourself. Pregnancy is a good time to learn sources of stress and to prepare yourself for the changes that will occur after the birth of your baby.

Parenting young children is a stressful stage of life because it involves major changes. But it's also a happy, meaningful and fulfilling time. This course aims to help mothers experience less stress by teaching them how to manage the important changes that come with the arrival of a new child.

There are certainly things in our lives that are difficult, and others that are impossible to change. However, you can try to change the difficult situations by shaping your personal reality in such a way that you feel better able to handle the difficult moments. Ultimately, we hope this will help you improve your ability to manage your emotions and moods, so you can better achieve your goals.