



Parent Notes

# Dealing with stress in the family

Autism Spectrum Disorders



All parents experience stress to some degree and sometimes the stress levels can become quite high. Studies indicate that families with a child with autism (who often has an intellectual disability as well) have even higher stress levels.

If you get too stressed, even routine activities can become difficult. Under these conditions, you may find it difficult to apply the skills you are learning while you are involved with the Signposts program. This module focuses on ways that you can deal with stress levels.

Use the generic Signposts module *Dealing with stress in the family* to help you think about how to identify what stresses you and your family and to identify ways to manage stress so that you can make best use of the program.