

Flowing with the Stresses of Kids

Editor's Pick. Written by Leo Babauta.

Parenting can be stressful. That's probably one of my bigger understatements, but as the father of 6 kids, I've learned a little about handling these stresses so that it's not such a big deal anymore.

Kids throw tantrums, demand to have their way, don't see anything but their own point of view, break things, always need something, get hurt, fight with each other, start to rebel and become disrespectful as teen-agers, and so on.

But there are good bits too.

The truth is, dealing with the stresses of kids is the same as dealing with the stresses of anyone else. The stress is just magnified because 1) we are responsible for their lives, education, values and everything else, and 2) we are more emotionally involved with them than we are with most other people. Still, the basics of dealing with the stresses of others apply, and what we'll talk about here can apply to anyone, not just someone with kids.

OK, let's tackle this problem ... we're going to look at two areas: 1) how to deal with the stresses of others, and 2) how to make managing kids easier.

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