

Parent Tip #27

Insurmountable Problems

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations. Share your positive experiences with your children.

Dr. Eric Nach, Ph.D., M.Ed., A.S.D. Cert. Developmental and Behavioral Specialist and Associates
5458 Town Center Rd, #7, Boca Raton, FL 33486, 561-990-7305(Boca office) 561-465-3564(Fax)
Info@SupportForStudentsGrowthCenter.com www.SupportForStudentsGrowthCenter.com

Adapted from American Psychological Association

