

Top 10 Issues for Mothers: What Impacts Stress?

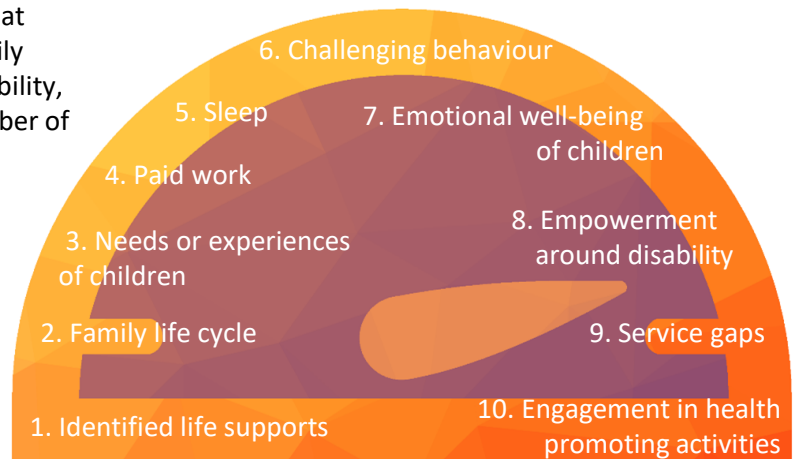
Research findings for mothers (Bourke-Taylor PhD©)



Mothers play an important role in the lives of others, and as such many mothers find that they experience significant stress on a daily basis. For mothers of children with a disability, stress can be further increased for a number of reasons.

This fact sheet introduces 10 stressors based on extensive research with mothers by Helen Bourke-Taylor. Identifying which factors impact your stress may help you to manage these factors and improve your health and well-being.

Research identified 10 factors that impact on mothers' reported stress



Research with mothers suggested that factors 7–10 were the biggest contributors to the ways mothers experienced stress. The most influential factor impacting on mothers' stress was engagement in health promoting activities. See Fact Sheet Set 1, sheets 1-12 for ways to change your healthy activity today!

So what can I do?

Read these fact sheets and consider what relates to you. You are an expert in your own situation. Spend time to reflect on daily life. Look out for activities and self management techniques that help you to manage your level of stress. Ideas include mindfulness, exercise, spending time with friends or just resting and taking time out occasionally.



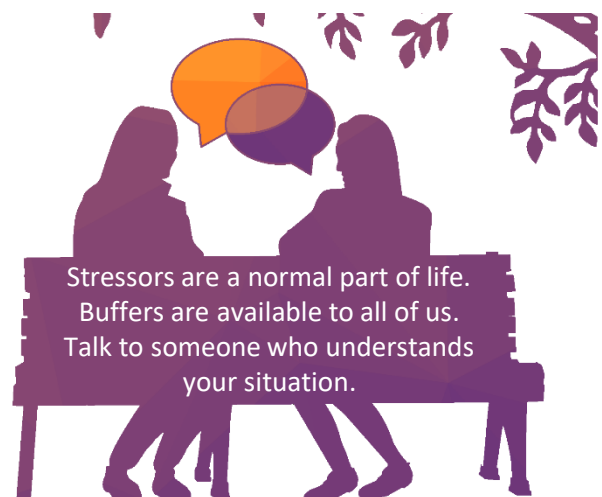
Change begins with understanding what contributes to your stress. Fact sheets 2–10 (Set 2) provide you with research information that was conducted with mothers of children with a disability.

Learning more about risk factors will help you to work out how to make changes to your own situation.

Excessive and ongoing stress should not be a part of your everyday life—find enjoyable activities for yourself every day.

What do mothers manage well?
Research shows that mothers are able to overcome and manage many issues including:

- their child's needs related to high and complex disability
- the number of services that their child needs
- their child's needs for equipment and technology
- physically difficult tasks such as lifting their child.



Stressors are a normal part of life. Buffers are available to all of us. Talk to someone who understands your situation.

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for references and more information.

If this fact sheet has raised any concerns, please seek medical advice from your local GP. Alternatively, please call LifeLine on 13 11 14 or Carers Australia, who can provide short-term counselling and emotional support for carers and families, on 1800 242 636.