

HOW TO HELP YOUR CHILD COPE WITH STRESS & ANXIETY

How do we teach our children to understand and manage stress without reaching our very own breaking point? Remember that **SOME STRESS IS NORMAL** but prolonged stress can wear down the body and cause negative behaviors.

Try these tips and children-approved coping activities!

YOUR TIME

Supportive relationships are the single most important stress reliever for children (of any age).

Staying connected to your kids and spending time with them can reduce their stress by helping them feel safe and cared for.

Time together and emotional support help children recover from stressful events.

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CREATE A SAFE SPACE



CALMING GLITTER JAR



STAY BALANCED

- Develop a morning routine and bedtime routine to provide structure.
- Maintain a healthy diet and ensure at least 8 hours of sleep.
- Make time for physical activity and unstructured play.
- Limit screen time.
- Remember self-care!

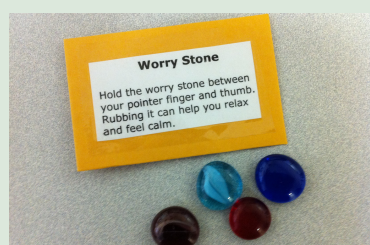
BREATHE

Deep breathing helps people calm down and relax.

- Sit or lie down and close your eyes.
- Imagine you have a balloon in your belly.
- Breathe in slowly and imagine the balloon filling up with air, while you count to four.
- Slowly release the air from the balloon by breathing out slowly, while you count to four.
- Repeat 3 times.

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DAILY TOOLS



HELPING CHILDREN WITH "NORMAL" STRESS

Model good stress management skills.

Problems create stress, so solving the problem relieves it. Teach your children to be problem solvers and remind them to ask the question "what do I have control of?".

Build and nurture self-esteem and self-compassion.