

5 WAYS to help kids deal with stress:



Find support.

Encourage kids to reach out to someone they trust, such as a parent, coach or school counselor. Don't forget about friends. They may even be worrying about the same situation.



Try relaxation techniques.

Teach kids to recognize their feelings and ways to calm down, such as breathing exercises, listening to music or writing in a journal.



Be forgiving.

Remind kids to be kind and compassionate to themselves. Teach them how to ask for help or get the pat on the back they need to face a tough situation.



Work the problem.

Once kids are calm and have support, show them how to figure out a problem and what steps they can take to solve all or even a piece of it.



Be positive.

Remind kids most stress is temporary, even though it may not seem like it, so be optimistic that things will be OK while working through the problem.



Akron Children's Hospital



STRESS LEVEL

If excessive stress is affecting your child's sleep or school performance, talk to a pediatrician.

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