

Stress Management

[Coping Skills for Kids Site](#)

Just like adults, difficult, anxiety provoking situations can add stress to a child's life. There are many ways you can help your child cope with stressful situations, including:

- Practice visualizations (take a pretend field trip to the relaxing beach or a peaceful meadow)
- Listen to calming music
- Get lots of rest
- Eat healthy foods
- Drink plenty of water
- Use positive self-talk (I can...)
- Think positive thoughts
- Focus on something good that happened that day

