

Stress

How to identify stress and strategies to help you cope

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Defining Stress

“Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomachache or a headache.”

(Kids Health from Nemours, 1995, P.1).

Are stress and anxiety the same thing?

Stress is something that is external. For example, you could get into an argument with a family member. Once the argument is resolved you will start to feel better. (National Council for Behavioral Health, 2020)

Anxiety is internal. Anxiety is typically characterized by a “persistent feeling of apprehension or dread”(National Council for Behavioral Health, 2020, P.1).

An example of internal anxiety might be the need to be perfect and/or have unrealistic expectations (United Healthcare Services Inc., 2020, P.1).

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20044151?scrllybrkr=179bf35c>

<https://www.mentalhealthfirstaid.org/external/2018/06/stress-vs-anxiety/>

Good Stress vs. Bad Stress

*** Good stress**

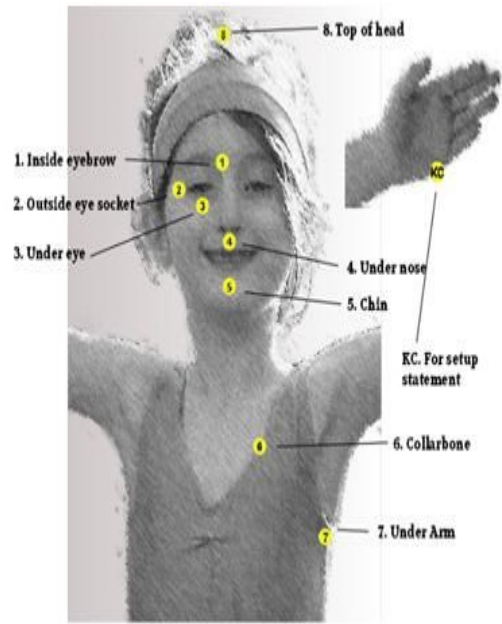
- * Having a class project due and your stress helps you to get started and do well on the activity.
- * Trying out for a sport so you try your best to make it on the team. (KidsHealth, 1995)

*** Bad stress**

- * If a family member is sick
- * When you start to feel ill due to the stress. It can cause you to have physical problems such as muscle tension, stomachaches, etc. (WebMD, 2005-2020, P.1)
- * You are having difficulties doing things that you usually do on a regular basis. (KidsHealth, 1995)
- * “It can cause emotional problems such as depression, panic, attacks, and forms of anxiety” (WebMD, 2005-2020, P.2)

How to Help Your Child Cope With Stress

- * **“Listen to what your child is telling you is wrong. Don’t judge, blame or lecture”** (Johns Hopkins, 2020, P.1)
- * **You can tell them that you notice that there might be something wrong and ask them if they would like to talk about it.**
- * **“As a parent, you can't protect your kids from stress — but you can help them develop healthy ways to cope with stress and solve everyday problems.”** (Johns Hopkins Medicine, 2020, P.1)
- * **Sometimes when the child talks about what is bothering them it helps the child melt away some of their frustrations. After that try to change the subject and talk about something that is more relaxing.** (Johns Hopkins, 2020, P.2)
- * **Being there for your child and being a support is very important.**
- * **Be patient with your child.**



Tapping

<https://www.youtube.com/watch?v=MAnQC1Sb530>

(Youtube, Tapping Solution, 2017)
(Little Signers, 2012)



Meditation

<https://www.youtube.com/watch?v=9CdPQ7X1MzU>

(Youtube, Lotus Child, 2015)



EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

Local resources in the area

- * Valley Oaks-765-446-6400**
- * Mental Health America Wabash Valley- 742-1800**
- * Willowstone Family Services-765-423-5361**
- * Alpine Clinic-765-446-9394**
- * Meridian Health Services-765-337-8855**
- * Changes-765-701-6090**
- * Crisis Center Hotline-765-742-0444**

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