

# 4 Tips To Help Children Understand & Manage Stress

## Understanding Stress

Stress can arise at any point throughout your child's day. Try talking with your child about stress. Help them to understand that not all stress is 'bad', and that it is part of everyday life. A little stress can be helpful by providing an opportunity to grow and to develop resilience.

*(Big Life Journal, 2019)*



## Practice Happy Habits

'Happy habits' can include stress-management and self-care techniques such as mindfulness, meditation, deep breathing, listening to music, being creative, doing exercise or engaging in an activity with your child that they enjoy. All of these habits can help to relieve and reduce stress.



## Practice Problem Solving

Help your child to practice challenging their own negative thoughts, and encourage them to problem solve and to focus on the positives. This can help them to shift stressful thoughts and allow them to feel more confident and relaxed.

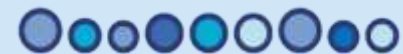


## Help them find a Balance

It is important to help your child find a balance in their daily routine. Adding 'down time' to a child's routine, such as time to play a game, have fun with friends or doing something creative can help to minimise and manage their stress.



**Psychology Associates**



References: [https://biglifejournal.com/blogs/blog/help-children-cope-stress?\\_pos=2&\\_sid=78d61b837&\\_ss=r](https://biglifejournal.com/blogs/blog/help-children-cope-stress?_pos=2&_sid=78d61b837&_ss=r)

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