

HELPING CHILDREN DEAL WITH **STRESS**



Signs of Stress in Kids

- Crying
- Problems Sleeping
- Aggression
- Nightmares
- Clinginess
- Moodiness
- Depression
- Fussiness
- Weight Issues
- Developmental Delays
- Regression
- Changing in eating habits
- Withdrawal

Stress:

Constraining force or influence...that causes bodily or mental tension
Merriam-webster.com

Ps. 34:10	Mt. 11:28-30
Ps. 37:5	Jn. 14:27
Ps. 37:25	Jn. 16:33
Ps. 55:2	Rom. 8:6
Ps. 103:1-5	Rom. 8:37
Ps. 16:3	Rom. 16:20
Is. 40:28-31	1 Cor. 3:11
Is. 55:1-3	Gal. 6:9
Jer. 17:7	Ph. 4:6-9
Jer. 29:11	Heb. 3:17-19
Mal. 4:2	1 Pt. 5:6-7
Mt. 6:25-24	I Jn. 4:4

Scripture References

STRESS...SO MUCH FOR THE INNOCENCE OF YOUTH! The world of children today is marked by stress. Kids today face all kinds of stressors like school issues, bullying, family changes, death, divorce, health issues, "keeping up," social media, economic uncertainty being overextended, living up to parental expectations, peer pressure and more. Studies have shown that the effects of childhood stress are multiplicative so two stressor don't mean double the stress, but can mean much more stress in a child's life. This stress can lead to physical ailments, poor academic performance and, in some cases, suicide and often lasts well into adulthood.

What To Say/Do

- Lighten the mood.
- Stay calm
- "It's ok not to be perfect."
- Focus on the positives.
- "How can I help you?"
- "I know this is hard."
- "Tell me about it."
- "Help me move this wall." (Get them involved in physical activity.)
- Laughter.

What NOT To Say/Do

- "You're going to make yourself crazy."
- "What's wrong with you?"
- "You need to snap out of it."
- "Stressing out isn't going to make it better."
- "I can do it for you instead."
- "Practice makes perfect."
- "You'll be fine."
- "You have no reason to be stressed."
- "Trust me, it's all going to be ok."