

HELP YOUR CHILDREN COPE WITH STRESS

As an adult, you have learned that stress is a part of daily life. But for children, stress is a source of confusion prompted by changes at home and in school. Unable to cope with life's ups and downs, many children exhibit frequent mood swings, withdrawal and laziness. Without assistance, these behaviors can lead to experimentation with drugs and thoughts of suicide.

"What Can I Do?"

1. Ensure that their physical needs are met

- **Sleep:** 8 to 10 hours minimum each night
- **Exercise:** Keeps muscles toned, works out tension
- **Diet:** Eat 3 well-balanced meals low in fat and cholesterol each day
- **Rest:** Relaxation exercises, deep breathing

2. Communicate that you care

- Explain that everyone experiences stress
- Note that things don't always go as planned
- Apply problem-solving techniques
 - Pinpoint the problem
 - Discuss options
 - Note the consequences of each option
 - Develop a plan
 - Evaluate progress

By helping your children identify the stressors in their lives and choose a course of action, you are giving them a skill that they will use for the rest of their lives.

If your children are suffering from stress, contact:



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