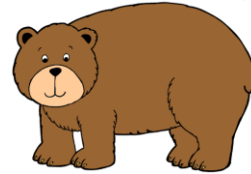


# Stress management

Stress impacts everyone and can be difficult to manage on a daily basis. It comes in many forms, and it can affect us mentally, physically and emotionally. Some common forms of stress are work, school, divorce and even natural disasters. Many preschoolers are strained by these stressors and can become easily irritable and act out. Some children may not be able to perform simple routines or even focus due to these stressors. Some common physical stressors that children may exhibit are:

- Trouble sleeping
- Headaches
- Stomach aches



The effects of long-term stress can be detrimental to young children. Their brains are still developing, and long-term effects of stress impact their memory and how they process things later in life. The most effective strategies for coping with stress would be adapting to the stressors rather than changing them. Here are some quick tips to manage stress.

- Validating feelings
- Helping children problem solve
- Being active and playing outside
- Mindful breathing techniques
- Goal setting



Stress is one of the most common factors in mental health among children. It is important to clearly address the transitions throughout the day to help prepare the child for what's next. This will make the child's day a lot easier and Improves self-regulation. Lastly, feel free to use the resources below for more details and activities.

<https://health.gov/myhealthfinder/topics/health-conditions/heart-health/manage-stress>  
<https://news.vanderbilt.edu/2017/07/20/new-research-identifies-best-coping-strategies-for-kids/>  
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>