Stand Back: Remove yourself from the stressful situation.
Take a deep breath: Count to 5 and consider your choices
Relax: Do something that relaxes you – read a book, listen to music, etc.
Exercise: Get that stressful energy out in a way that works for you.
Sleep: Take a nap or just rest up for a while.
Speak: Talk to something about it and share your emotions.
WHAT IS STRESS?

Stress is your mind and body's reaction to certain events in your life. You may experience things like a faster heart rate, sweaty hands, or strong emotions, such as worry or sadness. Stress is common and can even be helpful. However, when stress becomes too much or lasts for a long time, extra attention may be needed to help it go away. Stress is your mind and body's reaction to certain events in your life. You may experience things like a faster heart rate, sweaty hands, or strong emotions, such as worry or sadness. Stress is common and can even be helpful. However, when stress becomes too much or lasts for a long time, extra attention may be needed to help it go away.

WHAT DOES STRESS LOOK LIKE?

Becoming aware of some common signs and symptoms of stress can help you to start addressing it sooner. Stress can look different to everyone and be experienced in different ways, such as:

- Problems focusing or paying attention
- Strong feelings of sadness, worry, or annoyance, short temper
- Wanting to be left alone
- Feeling tired or sick: head or stomach aches, tight neck and shoulders
- Problems getting along with friends or family

WHAT CAUSES STRESS?

Everyone experiences stress differently, and kids especially may feel stressed about different things than adults. Kids may experience stress about things like:

- Pressure to do well in school
- Fitting in and making friends
- Arguing or conflict at home
- Major life changes, such as moving or changing school
- Losing friends or family, through moving or death
- Feeling too busy or over-scheduled

WHAT HELPS WITH STRESS?

Kids and their parents can both take action to manage and reduce the experience of stress, and each family should choose strategies that are best for them.

Kids Can:

- Talk: Talk to friends, family, and/or trusted adults about your stress.
- Get Moving: Exercise, sports, yoga, and just going for a walk or bike ride can help.
- Relax: Read a book, listen to music, or practice mindfulness activities to calm down.
- Rest: Make sure you're getting enough sleep and rest time.

Parents Can:

- Model: Practice and demonstrate good relaxation and self-care strategies
- Reward: Praise and reward your child when you see them making good choices
- Engage: Talk with your child and encourage safe discussion of concerns

HELPFUL RESOURCES

- Heads Up Kentucky: https://www.kpa.org/heads-up-for-kids
- http://www.kidshealth.org
- http://www.cosmickids.com
- http://www.mindfulnessforkidsinternational.com/
- http://www.psychologytoday.com