

**How Stress Impacts our Lives**

**Today is the first day of your future - Anonymous**

**Student name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please read the facts about stress on the reverse side with your child. After reading the information please discuss the facts with your child. Together list five facts on how to reduce stress.

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**Discuss with your child ways to handle different stressful situations. Below is an example**

**Stressful situation:** **Solution:**

Getting your driver’s license Practice driving with an adult

Too much homework\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Being teased at school\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participating in a competition\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Learning something new\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Being home alone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Talk with your child about what causes them to feel stress. Remember what may seem small to us as parents can be huge to a child. Give your child some examples on how you deal with stressful situations at home, work, family gatherings, etc.**

Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lesson #5

**Dealing with childhood stress**

Childhood is a sensitive age during which children learn new things and have experiences, the memories of which last for a lifetime. In the modern day, children are prone to stress and anxiety because of a number of reasons.

Stress is a reaction to any situation which creates a negative physical or emotional change or both. People of all age groups experience stress. In little quantities, stress is good for it, motivates you and helps you to be more productive

**Ways to reduce stress**

**Try progressive relaxation** – Close your eyes and take slow deep breaths. This will help relax your body

**Try some light** **yoga – Yoga is another great way to learn relaxation techniques.**

**Think positive thoughts – Think about your positive qualities**

**Breathe deep – People who are stressed start breathing fast. Make sure to control your breathing**

**Listen to music** – Listen to calm relaxing music.

**Laugh it off – As they say laughter is the best form of medicine.**

**Exercise – Go jogging, swimming, riding a bike or other forms of physical exercise.**

**Chew gum – Chewing gum helps relief extra adrenaline.**

**Get a massage – This should only be done with the knowledge and approval of your parents**

**Take a nap** – Lack of sleep causing more stress. Be sure you are well rested.

**Hug someone who loves you** – Give your Mom, Dad, or someone else related to you a hug.

**Hang with your pet** – Pets are always happy to see you and they will make you smile.

**Do an art project** – Painting, coloring, any type of craft will help ease your stress

**Write it out**- Use a journal to express your thoughts.

**Take a walk – Walk around your neighborhood. Fresh air does wonders.**