



NOTES

Strategies for Helping Children Manage Stress

1. Understand each child's stress level.

Look for symptoms of stress without punishing symptomatic behavior. An awareness of high levels of stress will help you to understand each child and begin to look for ways to deal with the causes of stress.

2. Spend time listening.

Many children go days and even weeks without anyone really listening to their feelings, fears and concerns. Clear up their misconceptions as you encourage them to express their feelings appropriately. Reassure each child that you care about him/her.

3. Lessen the stress level by telling your students what to expect in the future.

The anticipation that something negative may happen is always worse than the event itself. To verify this, just remember the last time you waited in a dentist's office before getting a filling or having a root canal! Help your students navigate future unknowns by giving them as much information as you can about what is going to happen the next day, the next week, the next grading period, etc.

4. Encourage your students to be proactive problem solvers by expressing opinions, suggestions, and solutions for the future.

Teach problem solving strategies such as brainstorming, decision making, forecasting, and planning. Show how they can apply these strategies to stressful situations in their lives.