

THE Counseling CONNECTION

St. Hilary School

Mrs. Parisi and Mrs. Eldred

Helping Your Student Cope with Stress and Anxiety

Understand the difference between stress and real anxiety

For many students stress is normal and healthy. "When stress is giving way to growth, that is a good thing - you get stronger by lifting weights that are uncomfortably heavy," says Lisa Damour, Ph.D., a clinical psychologist. When stress inhibits an individual's ability to cope, it's too much.

Make sure kids eat well, exercise and get enough sleep

Straightforward but too often overlooked.

Make time to talk

If you sense or your child has verbalized that something is troubling him/her, don't ignore it. Taking the time to talk about it can help you and them better understand the situation.

Share your experience

Explain a situation in which you were worried and how you were able to work through it. Often this will comfort your child and help him/her realize that he/she is not alone.

Point out any progress

It is difficult in the middle of feeling anxiety to realize that it will end that they can do things to make themselves feel better. It is very helpful to show them they can distract themselves and use relaxation strategies to help.

Resources: Hoder, Randy. "6 Ways to Help Your Teen Survive and Thrive." Your Teen. September/October 2016.

October's Focus: Coping with Stress and Anxiety

Mrs. Parisi and Mrs. Eldred have been going into the classrooms to talk about transition and stress

Reading Suggestions:

Anxiety Free Kids by Bonnie Zucker, Psy.D.
Wilma Jean the Worry Machine by Julia Cook
David and the Worry Beast by Anne Marie Guanci



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

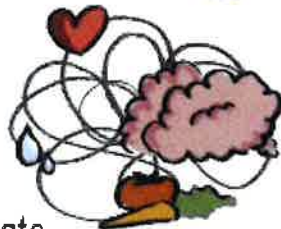
1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.

4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



FOCUS

7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

