

# STRESS- PROOFING YOUR CHILD

MIND-BODY EXERCISES  
TO ENHANCE  
YOUR CHILD'S HEALTH



"Sheila and Sheldon Lewis have written the single best book available to help you stress-proof your child. This wonderfully accessible, practical book is a feast of emotional and spiritual wisdom for conscious parenting."

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author of *Minding the Body, Mending the Mind*

**SHELDON LEWIS and SHEILA KAY LEWIS**

# Stress Proofing Your Child

**Mary Hunt**



## **Stress Proofing Your Child:**

**Stress-proofing Your Child** Sheldon Lewis, Sheila Kay Lewis, 1996 In *Stress Proofing Your Child* Sheldon and Sheila Lewis show you how to use their health enhancing games and easy to learn activities to teach your child to handle difficult situations with new confidence Based on proven mind body techniques such as guided imagery deep breathing and meditation these joyful tension busting exercises give children a sense of command over events that are seemingly out of their control With regular use they can enhance your child s learning stimulate his or her imagination and build self esteem They can also help prevent stress related symptoms like headaches sleep problems or depression and guard against adult stress related problems such as anxiety attacks heart disease and hypertension BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

*Trauma-Proofing Your Kids* Peter A. Levine, Ph.D., Maggie Kline, 2014-09-16 Understand the different types of upsets and traumas your child may experience and learn how to teach them how to be resilient confident and even joyful The number of anxious depressed hyperactive and withdrawn children is staggering and still growing Millions have experienced bullying violence real or in the media abuse or sexual molestation Many other kids have been traumatized from more ordinary ordeals such as terrifying medical procedures accidents loss and divorce *Trauma Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now It offers simple but powerful tools to keep children safe from danger and to help them bounce back after feeling scared and overwhelmed No longer will kids have to be passive prey to predators or the innocent victims of life s circumstances In addition to arming parents with priceless protective strategies best selling authors Dr Peter A Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them *Trauma Proofing Your Kids* is a treasure trove of simple to follow stress busting boundary setting sensory motor awareness activities that counteract trauma s effect on a child s body mind and spirit Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development this ground breaking book simplifies an often mystifying and complex subject empowering parents to raise truly confident and joyful kids despite stressful and turbulent times

*Stress-Proof Your Life (52 Brilliant Ideas)* Elisabeth Wilson, 2008-04-01 Let s face it if you re the type of person who enjoys lighting lavender candles and spending an hour in the bath every night chilling out then you re probably not the type that s going to get that stressed to begin with *Stress proof your life* is for the people who struggle to find time for a shower much less a bath It s for the ones who are still clicking their mouse or ironing a shirt at 11 30pm The ones who don t take their annual leave and worry that stress is affecting their health and relationships Or they would worry if they weren t so knackered and that report wasn t due in at 9am It s going to take a lot more than a candle lit bubble bath to sort them out Elisabeth Wilson *Stress* is not a generic thing although it s always treated that way Some people are really good at avoiding some stresses without realising that they are slaves to another kind Elisabeth looks at the sources occupational

genetic and environmental and reveals 52 clever techniques and ideas that focus on the causes rather than simply telling people how to deal with the symptoms Here are just some of the chapters to be discovered Admit your addiction The power of positive stress Give a little get a lot why volunteering could be the best decision you ve ever made Too stressed to sleep it happens here s what to do if it happens to you Strictly no lavender candles and The stop and collapse effect if you re fed up with getting sick on the very first day of your holiday here s how to prevent it With the 52 Brilliant Ideas series readers can enhance their existing skills with negligible investment of time or money and will substantially improve their performance over the course of a year Each of the 52 chapters tackles a single aspect of the subject in an entertaining and lively way At the end of each chapter is a how did it go feature which allows readers to reflect on the lesson in a classical experiential learning pattern The tone of each book is personal and informal readers will feel as though they are having a one to one with their favourite coach

*The Stress-proof Child* Antoinette Saunders, Bonnie Remsberg, 1986

**Trauma-Proofing Your Kids** Peter A. Levine, Ph.D., Maggie Kline, 2008-03-04 Understand the different types of upsets and traumas your child may experience and learn how to teach them how to be resilient confident and even joyful The number of anxious depressed hyperactive and withdrawn children is staggering and still growing Millions have experienced bullying violence real or in the media abuse or sexual molestation Many other kids have been traumatized from more ordinary ordeals such as terrifying medical procedures accidents loss and divorce Trauma Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now It offers simple but powerful tools to keep children safe from danger and to help them bounce back after feeling scared and overwhelmed No longer will kids have to be passive prey to predators or the innocent victims of life s circumstances In addition to arming parents with priceless protective strategies best selling authors Dr Peter A Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them Trauma Proofing Your Kids is a treasure trove of simple to follow stress busting boundary setting sensory motor awareness activities that counteract trauma s effect on a child s body mind and spirit Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development this ground breaking book simplifies an often mystifying and complex subject empowering parents to raise truly confident and joyful kids despite stressful and turbulent times

*Yoga Journal* ,1996-04 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Heal Your Child from the Inside Out** Robin Ray Green, LAC/MTCM, 2016-10-18 Drawing from the ancient wisdom of the Five Elements of Traditional Chinese Medicine Robin Ray Green L Ac MTCM offers simple solutions for creating a natural healing program that is as unique as your child Questionnaires and quizzes help you gain an understanding of your child s 5

Element type whether it s Wood Fire Earth Metal or Water to allow you to diagnose imbalances within the body that create health issues Once you ve gained a solid understanding of the 5 Elements and how health conditions are affected by elemental imbalances nutrition and lifestyle you ll learn simple techniques such as acupressure massage and meditation that will help your child achieve vibrant health Ultimately empowered with this knowledge and a new holistic perspective on health you ll be able to augment Western treatments with time tested natural solutions to help your child and your whole family heal naturally

**Debt-Proof Your Marriage** Mary Hunt,2015-12-29 While financial disharmony can blow a marriage apart financial harmony can bind it together In this highly practical book Mary Hunt helps couples bring the principles of intimacy the foundation for harmony and debt free living into management of their money These principles include acceptance freedom safety and honesty in money matters creating an atmosphere that unifies two lives into one Debt Proof Your Marriage is packed with real life advice that infuses readers with hope and direction It covers everything couples need for managing their money in harmony including how to reconcile different money behaviors and beliefs let go of financial fears understand the basics of practical money management share financial work between two people manage roller coaster income successfully live debt free Hunt s essential guide will help couples protect both their marriage and their money With the interactive workbook it s ideal for small group study or pre marital counseling as well

**Bully** Lee Hirsch,Cynthia Lowen,Dina Santorelli,2012-09-25 Shares essays outlining recommendations for caregivers and educators offers celebrity contributions and includes an account of how Katy Butler campaigned to change the movie s rating to make it available to teen viewers

*Help! I'm Turning Into My Mother* Becky Freeman,Ruthie Arnold,2002 With irrepressible humor and goodwill Freeman shares the joys and occasional shock of the relationship changes between mothers and daughters To keep it fair Becky s mom Ruthie chimes in to set the record straight and keep her daughter honest

[The Detox Book, 3rd Edition](#) Bruce Fife,2017-08-14 We live in a toxic world Environmental pollution and disease causing germs assault us continually day after day Our food is nutrient deficient and our water supply dangerously contaminated People today are exposed to chemicals in far greater concentrations than were previous generations Thousands of tons of man made chemicals and industrial pollutants are poured into our environment and our food supply daily With such a massive attack on our health we should all be sick from toxic overload And we are In no other time in the history of the world has degenerative disease been as prominent as it is today Diseases that were rare or unheard of a century ago are now raging upon us like a plague Millions are dying from diseases that were virtually unknown in the past Experts tell us that by the time we reach middle age each one of us will have already been affected by either cancer cardiovascular disease or some other serious degenerative condition Conventional medicine has no sure cure Drugs surgery and radiation treatments can be as dangerous and debilitating as the diseases they attempt to cure Nature however has provided us with the solution Our bodies are amazingly resilient If the disease causing toxins are removed the body will heal itself This book outlines the steps you need to take to

thoroughly detoxify and cleanse your body from these disease causing agents You will also learn how to reduce your toxic exposure and how to strengthen your immune system Through detoxification you will free yourself from the chains of pain reverse degenerative conditions gain more energy feel and look younger improve your memory and be happier Virtually all the diseases of modern society including many infectious illnesses can be avoided or even cured by sensible systematic detoxification Although we live in a toxic world we can take control of our health This book will show you how The Detox Book is highly recommended for health reference collections The Midwest Book Review A comprehensive handbook of detoxification therapies Chapters give extensive background information on each subject reports of research and precise detailed instructions for self administration An encyclopedic look at how we can care for and cleanse our amazingly resilient bodies Booklist American Library Association The Detox Book is an excellent primer on cleansing the body It provides everything you need to know about detoxification why you must detoxify and how to get the best results I highly recommend this down to earth and approachable book as the first step along your journey to health Michelle Cook Health N Vitality

**The Mother Load** Mary M. Byers,2005-01-01 Motherhood is an intense round the clock job To stay healthy and happy moms need friends laughter solitude balance and an intimate relationship with the Lord But exactly how do moms meet these needs while juggling family responsibilities Mary Byers the mother of two lively young kids shares how moms can find small pockets of time to rest and refuel create personal space make time for friendship exercise and intimacy identify and prevent balance busters that create chaos creatively stay sane in the midst of mothering The Mother Load offers down to earth suggestions spiritual truths and real life advice from moms to help women survive and thrive in today s active families Includes questions for group discussion and personal reflection

**Childhood Abuse, Body Shame, and Addictive Plastic Surgery** Mark B. Constantian,2018-12-19 Childhood Abuse Body Shame and Addictive Plastic Surgery explores the psychopathology that plastic surgeons can encounter when seemingly excellent surgical candidates develop body dysmorphic disorder postoperatively By examining how developmental abuse and neglect influence body image personality addictions resilience and adult health this highly readable book uncovers the childhood sources of body dysmorphic disorder Written from the unique perspective of a leading plastic surgeon with extensive experience in this area and featuring many poignant clinical vignettes and groundbreaking trauma research this heavily referenced text offers a new explanation for body dysmorphic disorder that provides help for therapists and surgeons and hope for patients

**Survival Tips for Parents of Preschoolers** Becky Freeman,Becky Freeman Johnson,2003 The author of several humorous books for parents including Peanut Butter Kisses and Mud Pie Hugs offers advice to parents whose little ones are at the preschool age Includes verses from Scripture and inspirational quotes

**Peaceful Parents, Peaceful Kids** Naomi Drew,2000 A practical guide to help parents teach their children how to cope with stress offers an innovative approach that combines real life situations hands on examples and helpful advice on how to resolve conflicts reduce anger and anxiety develop listening skills foster self esteem

and understanding and more Original Bully Proof Chris Leigh-Smith,2025-01-16 We have all been affected by violence intimidation and bullying to some degree Children are especially vulnerable to the lasting pain and trauma of these experiences When we give them the tools and understanding children can develop the confidence courage and knowledge to alter their experiences and to thrive in a world where bullies have always existed Bully Proof is designed to provide parents educators and coaches with concepts story telling and practical strategies to help guide children on the path to let go of fear and embrace personal growth Children can build strong ethical character traits that go way beyond being competent with bullies Surviving the Teenage Hormone Takeover Nisha Jackson, **A Child's Plea** Edwina Patterson, Times have changed since you were a child The world has changed Childhood has changed Our perceptions have changed And for most children today whether they re ready for it or not stress is a fact of life Today s children must learn more compete more cope with more temptations and work harder than at any time in history to achieve the bare essentials of life We have created the hurried household that produces the hurried child And the affect on our complex ever changing hectic world is often beyond the coping capacity of our children What s a parent to do In an easy to read format Edwina Patterson gives parents practical suggestions of ways to equip their children with the skills needed to deal successfully with daily stress In this book you ll discover Stress Proofing Strategies that include What causes stress for children How stress is affecting your child How to reduce the stress at home Equipping your child with healthy coping skills **The Psychology of Humor** Jon Roekelein,2002-02-28 This work traces the origins and evolution of the concept of humor in psychology from ancient to modern times with an emphasis on an experimental empirical approach to the understanding of humor and sense of humor In addition to more than 3 000 important citations and references pertaining to the history theories and definitions of the concept of humor this reference guide contains more than 380 recent post 1970 annotated entries on the psychology of humor in its bibliographic section The book describes various psychological nonpsychological and philosophical theories and definitions of humor and focuses on the methodological concerns of psychologists regarding the scientific investigation of humor The bibliography is organized under 10 categories including Bibliographies and Literature Reviews of Humor Cognition and Humor Methodology and Measurement of Humor and Social Aspects of Humor The Child with Autism at Home and in the Community Kathy Labosh,Lanita Miller,2012-10-01 This book epitomizes the value of the phrase been there done that In this amazingly helpful guide for family members friends and professionals author and mom Kathy Labosh and special educator LaNita Miller take on the issues and obstacles that parents and educators face every day Hundreds of easy to read bullet points provide tips that readers can put into action immediately First they cleverly tackle home life from breakfast to bedtime and then they take readers on a trip through the community offering essential do s and don ts for going to restaurants church the doctor s office the grocery store family gatherings and more With Kathy and LaNita s insight and advice you can be better prepared for the unique challenges autism throws your way

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