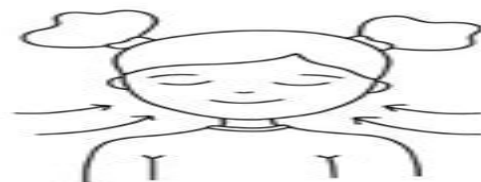


5 Steps To Help Children Cope With Stress

STEP 1 REFRAME STRESS

Help your child shift from a “stress hurts” mindset to a “**stress helps**” mindset.

Some level of stress is beneficial and presents opportunities for growth.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

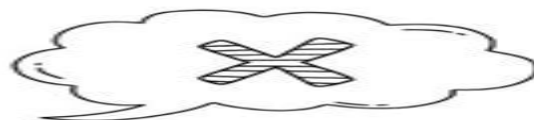
Help them look at the situation from a **growth mindset** perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



STEP 3 STOP CATASTROPHIC THINKING

Do the **worst case scenario exercise**. Ask your child, “What’s the worst thing that could happen?”

Caution: do not dismiss their worry!



STEP 4 PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



Stress Busters For Kids A Parents Guide To Helping Kids Cope With Stress

E Durkheim



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