

THIS WEEK'S TOPIC IS MANAGING STRESS



What can excessive stress or anxiety look like?

In younger children this can result in

- waking in the night
- being irritable
- being clingy to grown ups
- having bad dreams
- wetting the bed
- having pain like stomach or headache.

In older children it can show as

- difficulty concentrating
- mood swings
- having negative thoughts
- avoiding people even friends
- controlling eating



What can you do?

The most important thing to do for your child is to talk to them openly about their feelings. Explain to them that anxiety is a natural response to situations and that it will pass if you can find a solution together. Aim to not be overprotective or anxious yourself as this has been shown to rub off onto your child and make them feel more anxious. Encourage them to practise self-care such as mindful colouring or exercising.

What is stress and anxiety?

Stress and anxiety are normal parts of our lives. They are nature's natural defence mechanism which tell us when there are things we should worry about such as going somewhere new or taking an exam. The problem comes when stress or anxiety gets in the way of every day life.