

Coping with Stress in Children and Adolescents

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Reaching your achievement potential

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Stress occurs when:

the experience is that:

- the perceived demands of the situation are greater than the perceived resources (or ways of coping) and
- the outcome is deemed to be important.

<u>Symptoms of Stress</u>	<u>Coping Strategies</u>
W Withdrawal	A Adapt
A Anxiety	D Discuss
M Misbehaviour	A Activities
I Illness	P Play / relax
	T Teach coping strategies

Anxiety markers - the F words: Fear, Failure, Fool

Listen for your child saying these words to describe himself or herself

Coping Strategies

- Scheduling and time management
- Organizers to track the schedule
- Organizers to track necessary equipment
- Ask, what would a good problem-solver do?
- Knowing when to take a break
- Knowing when to get back on task!

A Parent's mission:

- Don't allow your child's stress to interfere with reaching his or her achievement potential at school, in extra-curricular pursuits, or socially.