



### **SIMPLE TIPS TO REDUCE STRESS**

- Schedule “Family ONLY” times
- Stand up and stretch
- Stop saying negative things to yourself
- Give a compliment to someone
- Give a SMILE
- Develop a sense of humor



- Laugh More
- Strive for excellence NOT perfection
- Believe in yourself
- Remember that STRESS is an attitude
- Relax, take each day at a time...you have the rest of your life to live

### **10 TIPS TO BUILD RESILIENCE IN CHILDREN (AMERICAN PSYCHOLOGICAL ASSOCIATION)**

**1. Make Connections:** Connecting with people provides social support and strengthens resilience. Build a strong family network to support your child in their disappointments and hurts.

**2. Help your child by having him/her help others:** Children who may feel helpless can be empowered by helping others. If possible, engage them in age-appropriate volunteer work. At home, ask for their assistance with tasks they can master.

**3. Maintain a daily routine:** Sticking to a routine can be comforting for children especially younger children who crave structure in their lives.

**4. Take a break:** Endless worrying can be counter-productive. Be aware of what your child is exposed to that can be troubling (i.e. the news, overheard conversations), & make sure to take a break from those things.

**5. Teach your child self-care:** Make sure your child has time to have fun and “down time” to relax; avoid scheduling every moment of their lives.

**6. Move towards your goals:** Set reasonable goals and work towards attaining them one step at a time (reinforce each step accomplished).

**7. Nurture a positive self-view:** Help your child remember how he/she successfully handled hardships in the past. Help him/her understand that these past challenges help him/her build the strength to handle future challenges (teach them to trust themselves).

**8. Keep things in perspective and maintain a hopeful outlook:** An OPTIMISTIC and positive outlook enables children to see good things in life and to keep going even in the hardest times. Help him/her see that there is a future beyond the current situation and that the future can be good.

**9. Look for opportunities for self-discovery:** Help your child discover the lesson learned from that experience.

**10. Accept that change is part of living:** Help your child see that change is part of life. New goals can replace goals that have become unattainable.

SURVIVING STRESS