

STRESS MANAGEMENT STRATEGIES

“It’s not the load that breaks you down: It’s the way you carry it”

-Lou Holtz

GOALS FOR TODAY

- Understand a bit more about the concept of stress
 - Learn about warning signs of mental health problems in kids
- Developing some ideas to strengthen resilience
- Considerations for parents during the holiday season
- Have some fun and enjoy the presentation

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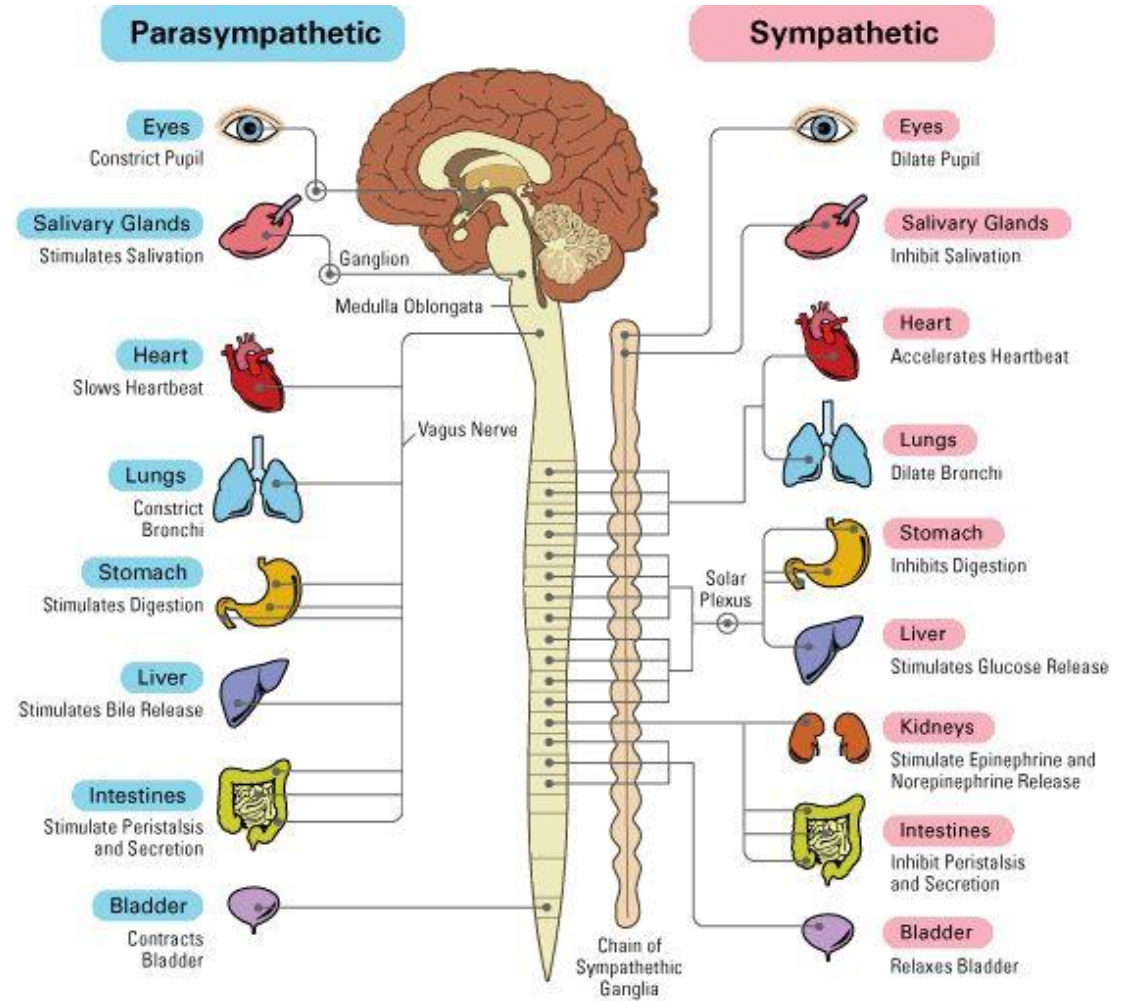
STRESS

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

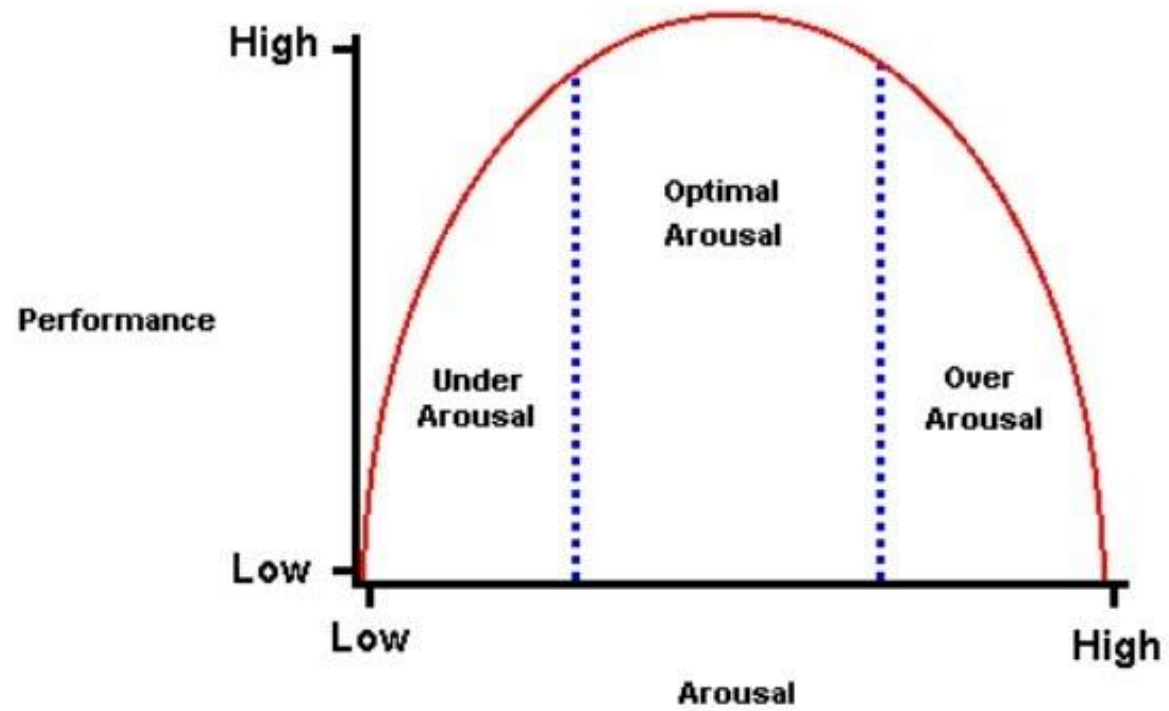


I stress about stress
before there's even
stress to stress about.

STRESS IS PHYSICAL



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs



STRESS IS FUNCTIONAL

STRESS & COVID

Stress/Anxiety

COVID-19

School/Future

Finances

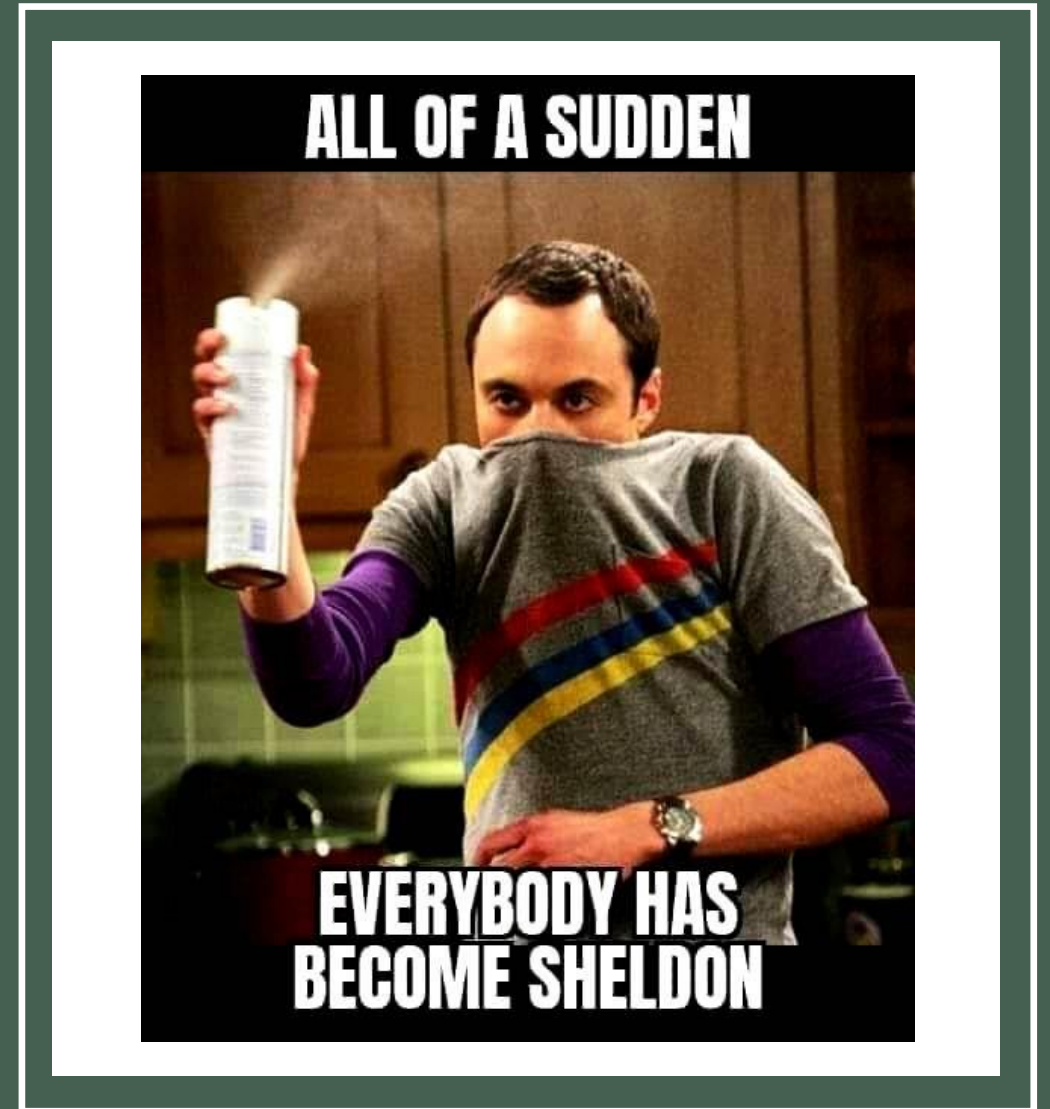
Working from home

Mood Concerns

Grief of important milestones

Social isolation

Unstructured schedule





WARNING SIGNS OF CHILD MENTAL HEALTH CONCERNS

- History of mental health concerns
- Irritable/tearful
- Intrusive thoughts/worries
- Acting out/tantrums
- Changes to sleeping or eating habits
- Isolating more
- Less goal oriented
- Doesn't seem to enjoy activities



HOW TO TALK TO YOUR KIDS

- **Discuss topics openly and ongoing (without forcing)**
 - **Take cues from your child (answer their questions)**
 - **Children: Brief, simple, reassuring**
 - **Teens: Provide honest, accurate, factual information**
- **Empathize**
- **Be reassuring (without empty promises)**
- **Deal with own anxieties**

re·sil·ient

/rəˈzɪliənt/ 

adjective

1. (of a person or animal) able to withstand or recover quickly from difficult conditions.
"babies are generally far more resilient than new parents realize"
synonyms: strong, tough, hardy; [More](#)
2. (of a substance or object) able to recoil or spring back into shape after bending, stretching, or being compressed.
"a shoe with resilient cushioning"
synonyms: flexible, pliable, supple; [More](#)

HOW TO BUILD
RESILIENCE

BASIC NEEDS



Sleep

Maintain a schedule

Limit screen use in evening

Bedtime routine

Use the bed **ONLY** for sleeping

Hydration

Dehydration increases the effects of stress

HOW MUCH WATER SHOULD KID'S DRINK

Age in years	Number of 8 oz cups
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9 and older	8
Eight 8 oz cups = 2 Liters	



BUILDING POSITIVE EMOTIONS

Be Available/Present

No tech zones/times

Healthy Modeling

Today I was _____ of

Have Family Fun

Mystery family grab bag (holiday themes!)

Social Connection

BUILD A
GROWTH
MINDSET

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED	SKILLS	<ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE
<ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY	CHALLENGES	<ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT
<ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	<ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY
<ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL	FEEDBACK	<ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED	SETBACKS	<ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

HOLIDAY CONSIDERATIONS

- *Throw out the dream of creating the “perfect holiday”*
- *Help children develop and practice life skills related to asking and receiving gifts*
- *Create traditions related to service and gratitude*
- *Be upfront about what will and won’t change this year*
 - *Allow kids to be part of the process where there is flexibility in decision making*



RESOURCES

Apps

- Headspace
- Calm

Community Resources

- Children's Hospital Colorado – (720) 777-6200
- Colorado Crisis Services – (844) 493-8255

Online Resources

- childmindinstitute.org

QUESTIONS

