

# COPING WITH STRESS

Stress is a normal part of everyday life. Stress can be positive, but excessive stress can have an overwhelming and debilitating effect on our lives. The right tools in one's toolbox sets oneself up for success in life, school and relationships.

## Tips for parents to help build coping skills:

- Spend time with your child and try to understand how they are feeling
- Do activities as a family; physical activity is an excellent way to burn off stress
- Give your child a chance to calm down; teach them different coping exercises to relax such as deep breathing
- Implement a bedtime routine to help your child wind down at the end of the day
- Ensure your child gets the recommended amount of sleep based on their age; tired children get stressed easier
- Try [activities at home to assist coping with stress](#) (i.e. deep breathing, gratitude)
- Work with your child to recognize the signs of excessive stress

## When they feel too much stress, encourage your child to:

- Talk to a friend or trusted adult
- Practice deep breathing
- Get moving – play or do a physical activity
- Play with a pet
- Be creative! Play music, paint, draw or dance
- Stay on top of schoolwork and prioritize workloads
- Ask for help



This material is provided by York Region Public Health. For more information on staying healthy, please visit [york.ca/healthyschools](http://york.ca/healthyschools)

**Resource:** [Promoting resiliency by buffering the impacts of stress](#)

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