

WHEN I FEEL WORRIED...

I can speak to:

I can try this breathing activity:

I can tell myself:

- This is tough but so am I.
- I can always ask for help.
- I can focus on things I can control.

I can go outside and:

- _____
- _____

It's **SAFE** to feel my **FEELINGS**

I can try these things to feel better:

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Give someone a hug

Write in a journal

Hum or sing a song

I can move my body by:

I can listen to:

FEELINGS
COME
AND
FEELINGS
GO

5

STEPS TO HELP CHILDREN *Cope with Stress*

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1

REFRAME STRESS

Help your child shift from a “stress hurts” mindset to a “stress helps” mindset. Some level of stress is beneficial and presents opportunities for growth.



2

SHIFT FROM A FIXED TO A GROWTH MINDSET

Help your child look at the situation from a growth mindset perspective: it's not fixed, it can be improved, and they do have the power to influence the situation.



3

STOP CATASTROPHIC THINKING

Do the worst case scenario exercise. Ask your child, “*What’s the worst thing that could happen?*”



Caution: do not dismiss their worry!

4

PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



5

USE STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practising mindfulness.



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