

5 Steps to Help Children Cope with Stress

STEP 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.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them 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.



STEP 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!



STEP 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.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

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

