

# Quick and Easy Tips to Control Stress

Kids who struggle with learning, attention, or processing speed are frequently told by their parents and teachers what to do. This can result in children having little sense of self-control about some of the issues that are having an impact on them. Most psychologists, pediatricians, and teachers simply tell kids what to do. But for some kids, having the autonomy to learn about ways to help themselves can be very helpful.

Our teams at South County Child and Family Consultants and LearningWorks for Kids have developed a brief handout that tells children how to better manage and control stress. We encourage parents and teachers to use this easy to print handout with their children and students.

[Download \(PDF, 301KB\)](#)

Additionally, our [study skills guide for teens and college students](#) includes a variety of videos and suggestions for improving study skills. As with our other materials, this study guide is written for kids and teens and is generally a fun place to read and watch videos.