

**Quick and
Easy Tips to
Control Stress**

**Take care of yourself, mentally and
physically**

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Eat a balanced diet

...

Learn how to meditate or do yoga!

...

Practice positive self-talk

...

Practice, Practice, Practice

...

Use relaxation techniques in your head

...

Exercise is key!

...

Play video games!

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TIPS TO CONTROL STRESS

For Elementary School Children



South County
Child & Family
Consultants



LearningWorks
for Kids



Stress Management Tips for Elementary School Children

Feelings of stress are normal! Everyone experiences some type of stress throughout their lifetime, whether it be stress over school work or over family troubles there are many things you can do to work through stress effectively. Using these simple tips like building your self-confidence and identifying the sources of your stress are the best ways to begin learning how to manage stress.

Here are some of the best ways for students to manage stress:



Know what's going to make you stressed.

Pay attention to what stressed you out and what doesn't.

Many kids are stressed out by homework, friends, family, or after-school activities.

Talk to your parents about what makes you stressed.



Know what your body feels like when you are stressed.

There are a lot of signs your body gives you to let you know you are stressed. These could be a fast heartbeat, butterflies in your stomach, or shakiness.

If you feel this way, find out what is making you stressed and talk to your parents about it.

You can then find a way to get rid of your stress.

Pay attention to your behavior.

Sometimes we do things that let us know we're stressed.

This could be crying, arguing with friends, or just being angry.

If you notice these things, try one of the suggestions on this page to lower your stress!

Help others in order to help yourself!

Sometimes helping others can make you feel better.

Find a way to volunteer with your parents or friends!

You could work in an animal shelter or with many other volunteer groups!

Build your self-confidence:

Generate a list of your strengths and weaknesses!

Keep a journal of things you accomplish.

Spend time doing things that interest you.

Figure out what is stressing you out:

Think about what might be making you stressed.

Decide what you have control over and what you do not.

Brainstorm a plan to solve what is stressing you out.

Use your body!

Use your body to help you relax!

Flex your muscles and relax them a little bit at a time.

Try breathing techniques such as you can do in yoga or meditation.