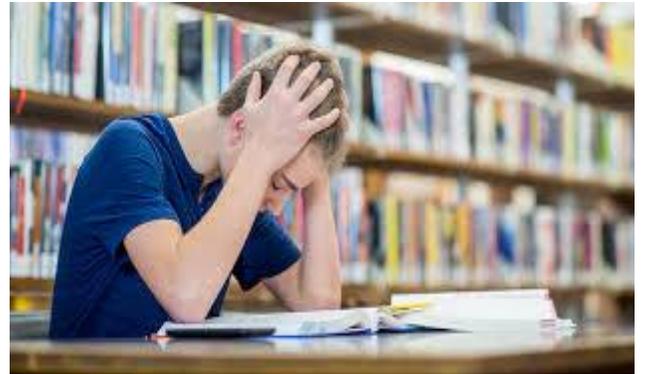


## Stress in Elementary School Aged Kids

Stress is the body's reaction to change, it can initiate the "flight or fight" response in a given situation. Chronic stress in children plays an important role enhancing future physical, mental, and social problems. There are many different factors that can aid children's stress. The overwhelming fear and constant trying to fit in with a group of friends, school work, moving, taking a test, a fight with a friend or sibling, a divorce, and so many other events can enhance the stress in a child's life. It is important to identify the stressful situations or signs of stress and be able to acknowledge and manage.

### Those signs can include:

- Worry
- Increase heart rate and pulse
- Feeling sad
- Feeling fatigue
- Headache
- Shame and embarrassment
- Change in appetite



### Ways to manage stress:

- Proper rest and good nutrition can boost coping skills, as can good parenting. Parents should make time for their kids every day. Whether they need to talk or just be in the same room with them, make yourself available.
- For kids, some level of stress is normal, kids should know that it's OK to feel angry, scared, lonely, or anxious and that they are not alone as other people share those feelings. Reassurance is very important, so remind your child that you're confident that they can handle any situation.
- Allow your child opportunities to make choices and have some feeling of control in their life. The more your child feels in control over a situation, the better their response to stress will be.

For more information on how to manage stress and Prevent Stress Buildup visit:

<https://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catemotions>

## References

Valizadeh, L., Farnam, A., & Rahkar Farshi, M. (2012). Investigation of Stress Symptoms among Primary School Children. *Journal of caring sciences*, 1(1), 25–30. <https://doi.org/10.5681/jcs.2012.004>