



# Stress Reduction for Youth and Parents

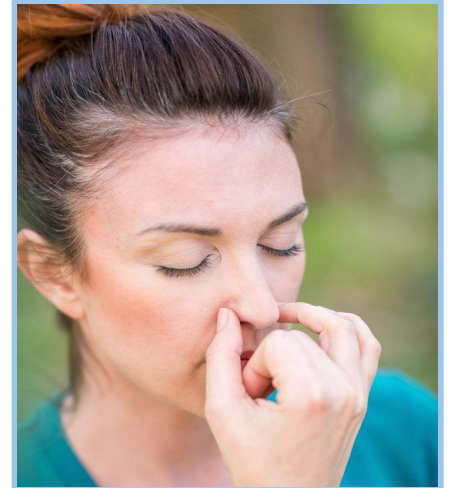
Stress happens when the demands on us exceed our ability to cope. Use practical techniques to reduce your stress, in the moment and over the long term.

## Understand what Stresses Youth Out

- Pain, injury, illness
- Big changes
- Divorce
- Poverty or homelessness
- Neighborhood
- Relationship challenges
- Social pressure, esp. body image
- Academic challenges
- Too many activities

## Understand what Stress Looks like in Youth

- Headaches
- Stomachaches
- Bed wetting
- Aggression
- Sudden change in appetite or weight
- Nightmares or trouble spelling
- Excessive crying



## Start by Addressing Your Stress

Understand that you are your child's Calm Center.

- When are you stressed?
- How do you respond to stress?
- What can you change to reduce your stress?

## Address Situational and Environmental Stress

- Ask yourself and your child if the stressor is 1) necessary, 2) improving your lives, and 3) able to be done in a different way.
- Create an environment that is 1) welcoming, 2) supportive, 3) visually calming, and 4) setting the young person up for success.

## Use Mindfulness to Reduce Stress, Anxiety, and Depression

- Try [breath work](#) to come back to the present during a crisis.
- Use [yoga](#) to strengthen the mind-body-spirit connection.
- [Meditate](#) regularly to lower stress, anxiety, and depression.
- Try [affirmations](#) to overcome fears and worries.

