Methods of dealing with stress in children

Stress is a normal reaction to events in the outside world and we experience it every day. Stress is a stimulus, a set of bodily reactions that activate our body to overcome it. However, it is up to us to decide whether it will affect us in a positive or catastrophic way.

School life is full of emotions, tasks, communication, and different life situations. It is not always possible to predict what will cause a child to react negatively. We can’t protect children from stressors (and maybe we shouldn’t), but we can teach them how to cope with stressful situations, thus making a valuable contribution to their future.

There are many methods of instant stress relief. They are aimed specifically at overcoming bodily symptoms – calming and normalizing breathing, heart rate, concentration. Among the most effective are deep breathing, calm music, switching to other activities and communication. These are useful but temporary measures. It is important to help build the child’s psychological stability (stress resistance).

Here are some tips to help on the way to stress resistance:

Understanding the problem. Understanding yourself is a valuable skill. Formulating a problem is an important part of solving it. Be aware of what exactly worries your child, what situations are stressful for him or her. You or a psychologist can analyze these situations and find a possible, more global cause of stress.

Managing emotions. Negative emotions are normal, everyone experiences them. But you need to learn how to deal with your emotions and feelings in any situation in time and express them correctly.Create a worry box where the child will write down and put negative emotions and situations that caused them. Such a ritual will help to leave the bad things in the box and not in the head, leaving only useful experiences.

Independence. As long as we protect the child in all possible ways and offer him or her ready-made solutions, he or she feels protected, knows that he or she can count on support and help. But there is a fine line between helping and creating what is known as learned helplessness. This term refers to a state when a person does not attempt to improve his or her condition (does not try to avoid negative stimuli or receive positive ones), although he or she has the opportunity to do so. Learned helplessness is the result of a child’s lack of independence, which will remain in adulthood. Learned helplessness is synonymous with uncontrollability of life. We know that anxiety is the fear of an unknown future, and it is the lack of a sense of control that gives rise to such fear.

Creativity. Overcoming standard situations with non-standard methods creates an unconscious sense of confidence in one’s abilities and reduces the fear of the future, especially in anxious children. There is an exercise to think of non-standard ways to use familiar things, or an unusual, even fantastic, solution to a simple situation.

Think positively, teach your children to do so. Stress is an experience.