



# 10 TIPS FOR SCHOOL RELATED STRESS

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# EVERYONE HAS STRESS AND ANXIETY...



- Helps us act faster
- Keeps us safe
- Motivates us to work harder



- Makes us act slower
- Decreases concentration
- Feels overwhelming

But sometimes it's too much...

The background is a dark teal gradient. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

GOOD NEWS!

THERE ARE THINGS YOU CAN  
DO TO HELP YOUR KIDS!

# 1. CHECK YOURSELF

- Anxiety can be contagious.
- Am I being supportive and helpful or adding to my child's anxiety?
- How I handle stress and worry?
- What am I modeling for my kids?

## 2. CHECK EXTERNAL FACTORS

- Am I setting my child up for success?
- Read your child – some need more activity, some get overwhelmed with busy schedules


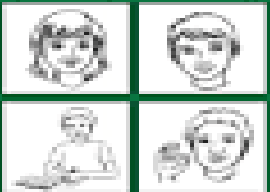
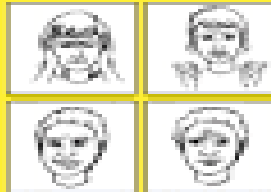
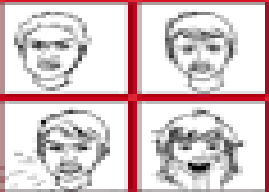
### 3. CHECK INTERNAL FACTORS

- Procrastination
- Disorganization
- Perfectionism
- Take on concerns that belong to adults
- Transition time

## 4. PREPARE FOR STRESS BEFORE IT HAPPENS

- Zones of Regulation
- When in green zone, devise a step by step plan for handling stress
- Allow your child to make choices

The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

## 5. CREATE BALANCE

- Exercise
- Stretching
- Meditation
- Down time



## 6. LOOK AT VULNERABILITY FACTORS

- Balance sleep
- Balance eating
- Get exercise
- Treat physical illness
- Avoid mood altering substances
- Do something that makes you feel competent and in control

## 7. STRENGTHEN SELF-AWARENESS

- Signs of someone feeling anxious or stressed
- Size of the problem = size of reaction
- Logic – what is really true
- Ask (rather than tell)
- Suggest use of coping skills

## 8. COPING SKILLS

- Have a time at night to spend x minutes on problem solving worries
- Reframe, turning negative into positive
- Recognize your control or power
- Positive self-talk
- Identify safe adults and friends
- Visualization
- Relaxation techniques
- Self-soothing
- Fill brain with the good, not the bad

## 9. PRACTICE

- You cannot expect success without practice. Practice when in the green zone to encourage success in the yellow and red zones.
- Model it

# 10. FACTORS TO CONSIDER WHEN TALKING TO YOUR CHILD

- Resiliency- Teach your child how to navigate stress without making the path smooth for him or her
- Reframing – Every stressful event and every failure is a chance to overcome. Kids are “in the bullpen.” You can use these situations to teach what to do differently.
- Instill confidence – you don’t need to give answers
- Check- Is there anything I can do to help? Would you like my quiet company or prefer time alone? Is there a nourishing food I can offer or a distraction that would be helpful?

# WHEN IS PROFESSIONAL HELP NEEDED?

- When you see a consistent disruption of day-to-day life
- Be on the lookout for anxiety's cousin – depression
- Realize that there is not the same stigma for treatment
- Do not threaten therapy as a punishment

# SUMMARY

- What are two "take aways" that you heard tonight that were either new to you or good reminders as you help your child with school related stress?