

# 5 Steps To Help Children Cope With Stress

## STEP 1 REFRAME STRESS

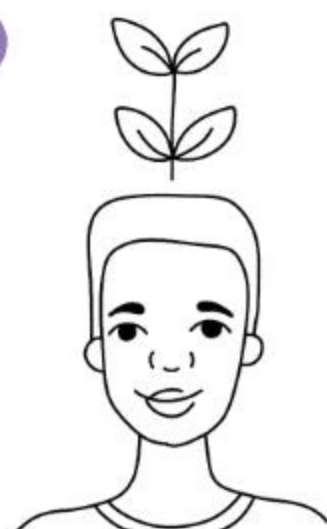
Help your child shift from a “stress hurts” mindset to a “**stress helps**” mindset.

Some level of stress is beneficial and presents opportunities for growth.



## STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a **growth mindset perspective**: It's not fixed, it can be improved, and they do have the power to influence the situation.



## STEP 3 STOP CATASTROPHIC THINKING

Do the **worst case scenario exercise**. Ask your child, “What’s the worst thing that could happen?”

**Caution:** do not dismiss their worry!



## STEP 4 PRACTICE PROBLEM-SOLVING

**Brainstorm solutions**, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



## STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.

