

STRESS HAPPENS. YOU GOT THIS!

THERE'S
A HERO
IN YOU

YOU
ARE
BRAVE

YOU ARE
A ROLE
MODEL

APRIL 2018 NEWSLETTER

Brought to you by Kohl's Cares® and Beacon Health System

This is the second in a series of e-newsletters that shares information and tools for recognizing and managing stress. If you missed it, take a look at the March newsletter to learn about "*Stress: Myths and Truths.*" Then read on for ways that you can help yourself and your child understand that stress can create opportunities for growing the skills and confidence that help us master life's challenges.

STRESS: THE GOOD, THE BAD, AND THE POSSIBLE

Stress is a part of daily life. We experience stress in our families, at our jobs, or in our neighborhoods. Our children experience stress every day, too, figuring out schoolwork, interacting with friends, schoolmates, teachers and family, and learning new skills.

THE GOOD Some of the stress we experience is necessary, and even helpful! New challenges create stress, but often our response to that stress is to rise to the occasion. Consider your 4th grader. Each day your child meets new challenges that make him or her more able to handle what life demands. What challenges are you rising to today? Give yourself credit for a job well done.

THE BAD Although stressful situations offer the opportunity to build skills and wisdom, stress can become toxic. Unresolved or unmanaged stress can lead to emotional, physical, and even behavioral problems that make life unpleasant and difficult. Is stress causing you, or your child, to experience too much sadness or fear? Frequent stomachaches, headaches, or tension? Interfering with your ability to sleep or stay focused? If so, look for healthy and fun ways to take a break from stress. You may also wish to consult with a medical professional for advice. Visit www.stresshappens.org for a list of resources.

THE POSSIBLE Difficulties can help us learn new ways to cope with what life dishes out. Stress gives us and our kids the chance to conquer new challenges, and to become stronger or wiser for the experience. Stress can also inspire us to set new priorities, and to reach out to friends and loved ones for support, wisdom and comfort.



NEXT MONTH

You Got This! You and your 4th grader were born with resilience, which is the ability to bounce back from stressful situations. Where do we see it in our lives? How can we help ourselves and our kids see and celebrate what we accomplish every day?

