

# STRESS HAPPENS. YOU GOT THIS!

THERE'S  
A HERO  
IN YOU

YOU  
ARE  
BRAVE

YOU ARE  
A ROLE  
MODEL

MAY 2018 NEWSLETTER

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

Welcome to the 3rd in a series of e-newsletters that share information and tools to help you and your children discover healthy ways to manage stress. Missed the first two? You can find them at [stresshappens.org](http://stresshappens.org). This month we invite you to see stress as an opportunity for and your children to build health and resilience.

## STRESS: YOU GOT THIS!

We experience stress when we encounter people or things that make life feel more difficult. And while none of us would sign up for more stress in our lives, stress gives us the opportunity to learn new skills and build resilience. When our kids have a test, or a big game, or when we encounter a new challenge at work or at home, we have the opportunity to get stronger, smarter or tougher.

### Don't let stress...stress you out!

Stress is an everyday part of everyday life. But so, too, is Resilience. Resilience is the ability to manage a stressor and move on, or to 'bounce back' if it starts to get you down. We were BORN with resilience, but often we don't even realize it because we are so used to responding, managing and moving on. Think of your life story: where have you managed stress and bounced back? Where do you do this in your daily life?

### Coaching your 4th grader

Your 4th grader experiences stress, too! School, peers, siblings, and even growing up present situations which require resilience. Remember that stressors are opportunities for your child to learn new skills—school skills, relational skills, and coping skills. Help your child develop strategies for solving problems and managing difficult feelings. Notice when your child uses good coping techniques for managing a stressful situation. Point out their successes.

### Stress is not all in your head!

We often think of stress as being 'in our head,' but the mind-body connection is real! When we care well for our bodies, it strengthens our ability to manage stress and use our resilience. For yourself, and for your child: Avoid sugary food and drinks. Get enough sleep. Get up and get moving...play outside, do a sport, dance, or go for a walk.



## NEXT MONTH

*When the going gets tough...*

When our natural resilience gets stretched to the limit, how do we preserve and maintain it? Learn stress management techniques, and why they can help preserve our physical and emotional health.

