



# Children and Stress

## Stress isn't just an adult thing. Kids have stress too!

Some stress is normal and helps us feel alert and energized, but too much stress is not good for anyone. Too much stress interferes with a child's ability to focus and think, makes it more difficult for children to get along with others, and can affect a child's physical, emotional, and mental health.<sup>1</sup>

<sup>1</sup>Kids Have Stress Too! [document on the internet]. Canada: Psychology Foundation of Canada; 2011 [cited 2016 August 18]. Available from [https://psychologyfoundation.org/Public/Resources/Resources.aspx?New\\_ContentCollectionOrganizerCommon=2#New\\_ContentCollectionOrganizerCommon](https://psychologyfoundation.org/Public/Resources/Resources.aspx?New_ContentCollectionOrganizerCommon=2#New_ContentCollectionOrganizerCommon)

<sup>2</sup>How to Help Kids handle stress [document on the internet]. Canada: Psychology Foundation of Canada; 2002 [cited 2016 August 18]. Available from [https://psychologyfoundation.org/Public/Resources/Resources.aspx?New\\_ContentCollectionOrganizerCommon=2#New\\_ContentCollectionOrganizerCommon](https://psychologyfoundation.org/Public/Resources/Resources.aspx?New_ContentCollectionOrganizerCommon=2#New_ContentCollectionOrganizerCommon)

## ★ Tips

How can you help your kids when they feel stressed?

- Spending time with your kids is the most important thing you can do.<sup>2</sup>
- Plan fun, creative activities the whole family can enjoy such as making dinner together or taking adventure walks in the neighborhood.
- Laughter is a great stress buster. Try to share some laughs with your family everyday.
- For information and resources about children and stress, visit [www.psychologyfoundation.org](http://www.psychologyfoundation.org)