



## Too Much Stress

In our fast paced society, many times families become so overwhelmed with work demands, school events, and family pressures that members of the family begin to show signs of stress. Even children can have symptoms of too much stress. In an article by Ann Musico entitled, “*Teens Under Pressure*”, she described the symptoms of childhood stress and offered some helpful tips for parents to assist their child when stressful situations may occur.

Let’s look at a few of her suggestions.

### Symptoms of Stress

1. headaches
2. stomach/digestive problems
3. muscle pain
4. chest pain (seek medical attention immediately)
5. emotional changes (moodiness, sadness, anger, irritability, apathy)
6. sleep problems
7. drop in grades

### What parents can do to help their child from becoming too stressed in school

- provide proper nutrition, exercise, and sleep
- break larger tasks into smaller more manageable steps
- set goals that are easily attained
- practice ahead of time for school assignments that require speaking before a group
- give your child helpful tips for handling certain situations
- teach your child relaxation techniques, such as taking deep breaths and counting slowly to ten
- try using music to calm the nerves before a stressful event
- talk with your child’s teacher to discuss any changes in behavior

- consult your family doctor for serious concerns

These suggestions can help to make a positive influence on your child’s ability to handle stressful situations. Realize that these suggestions are mainly for situations that are temporary. If your child shows the symptoms mentioned above over a period of time, you should consult your family doctor.

When family schedules become too busy, students’ school work can be at risk, so keep your child’s needs at the forefront so he/she will not feel too much stress in school.

