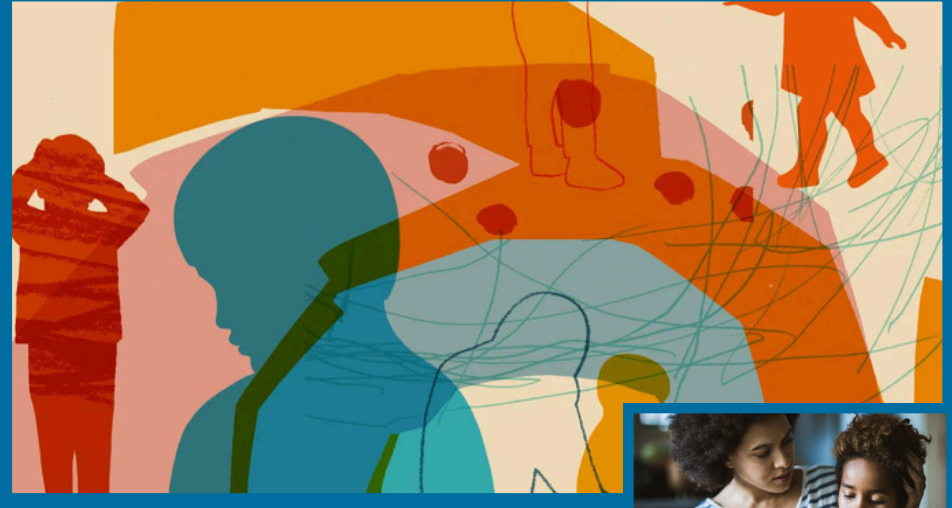


**Social Emotional Learning (SEL)  
Self-Management Skills**

For Parents and Caregivers



# Help Me Understand Stress & Anxiety

How can I help my child? ... How can I help myself?

**Self-Management** is the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.

This includes:

- Managing stress
- Controlling impulses
- Motivating oneself
- Setting and working towards academic and personal goals

**Self-Regulation** is the body's ability to return to a calm state after stress. An autonomic (involuntary) process. It's the time when systems are in balance and functioning at their best.

## Behavior is Communication

### Stress and Anxiety Triggers

**Physical**

- Dehydration
- Lack of sleep
- Poor nutrition

**Reality Stress  
(Unplanned Events)**

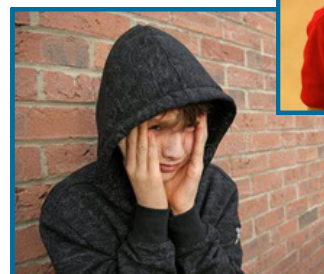
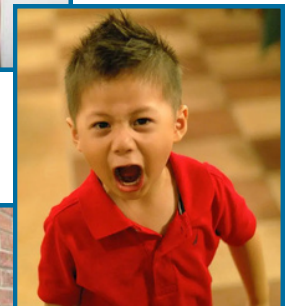
- Substitute teacher
- Personal disappointment
- Loss of something
- Unavoidable delay

**Psychological**

- Personal threats
- Acts of rejection
- Severe competition
- Boredom
- Unrealistic expectations

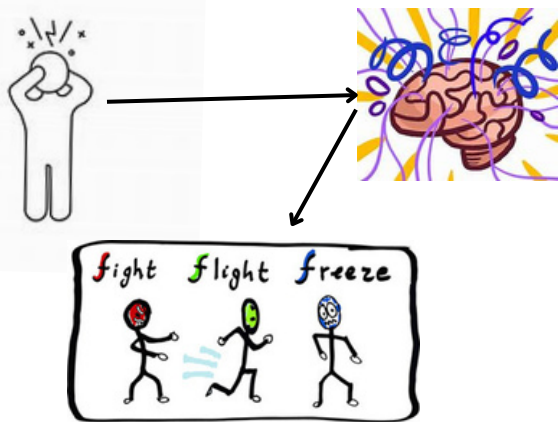
**Developmental Stress**

- Meeting new people
- Going to new places
- Separation from friends/acquaintances
- Examinations



# Did you know?

## How stress affect us all?



## Fight or Flight Stress Response

### Fight

Yelling, crying, physically lashing out. This is especially true for children - they're mad and don't have an understanding, let alone words, to understand/explain why so they come out fighting

### Flight

Avoidance of stressful situations, physically running away, emotional avoidance or refusal to participate in situations they anticipate as stressful

### Freeze

Shutting down emotionally when in conflict or facing an angry person. The child/teen learned that not reacting or engaging or confronting an angry person - the source of their ACE(s), for example - kept them safe

### Appease

Working hard to please everyone, being hyper aware of how others feel in an attempt to keep things going smoothly.

## HOW STRESS AFFECTS THE BODY

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

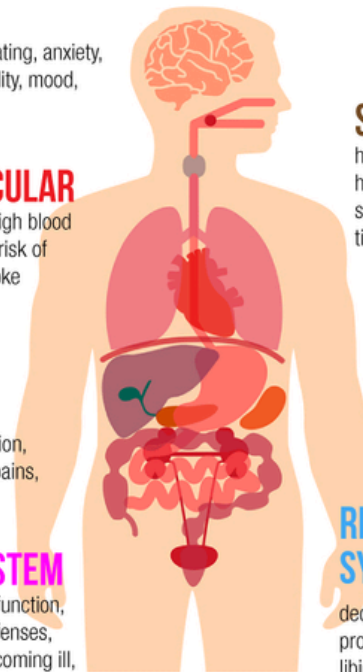
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



### SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

### REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

## Tops for helping your child during stressful and anxious moments.

1. Don't try to eliminate anxiety. Do try and help your child manage it.
2. Don't avoid things just because they make your child anxious. This can send the message that they can't handle the situation rather than "you are brave and can handle it, even if it feels scary.
3. Express positive -- but realistic -- expectations.
4. Respect their feelings but don't empower them.
5. Avoid asking leading questions. "Are you anxious..." instead "How are you feeling about ..?"
6. Try not to reinforce your child's fears.
7. Be encouraging.
8. Think things through with your child.
9. Try to model healthy ways of handling anxiety.

From: <https://childmind.org>.