Helping Children Cope with Stress

STRESS can affect anyone—even a child—who feels overwhelmed. Stress comes from the demands placed on a person and his or her ability (or perceived ability) to meet them. Childhood stress comes from outside sources (family, friends, school, illness, death of loved ones, divorce, and disasters) and from within (pressures children place on themselves).

What are the signs my child is feeling stress?

- Mood swings
- Acting out
- Changes in sleep patterns
- Bedwetting
- Stomachaches
- Headaches
- Nightmares
- Separation anxiety
- Overreactions to problems
- Drastic changes in academic performance
- Refusal to participate in activities
- Trouble concentrating
- Problems completing schoolwork
- Withdrawal
- Regression (common in younger children; may include thumb sucking, hair twirling)
- Lying, bullying, and defiance of authority (common in older children)

You may not be able to keep your child from feeling frustrated, sad, or angry, but you can help him or her cope with these emotions.

Seek help when problems appear to be serious and/or interfere with daily living. Talk to your child’s doctor or a counselor.

If you would like you need more support, please reach out to speak to a support specialist at 1-833-681-0211 or at walistens.net.

Contact Us!
1-833-681-0211 TTY available
M-F 9am to 9pm Weekends 9am to 6pm
Walistens.org