

# The Great Unknown: Kids



## How to help young children and teens manage stress

*Stress in young people doesn't always look like stress in adults. But like adults, children and teens can find healthy ways to cope. Together, young people and their parents can learn to spot the signs of excess stress and, with the right tools, manage it.*



## RECOGNIZE THE SIGNS

Signs of stress in youth can show up in a number of ways:

### Irritability and anger.

Children don't always have the words to describe how they are feeling and sometimes tension bubbles over into a bad mood. Stressed-out kids and teens might be more short-tempered or argumentative than normal.



### Neglect in responsibilities.

If an adolescent suddenly dops the ball on homework, forgets obligations or starts procrastinating more than usual, stress might be a factor.

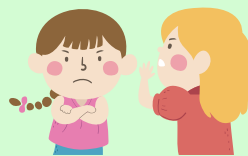
### Getting sick more often.

Stress often shows up as physical symptoms. Children who feel stress often report headaches or stomachaches, and might make frequent trips to the school nurse's office.



### Changes in behavior.

A young child who used to be a great listener is suddenly acting out. A once-active teen now doesn't want to leave the house. Sudden changes can be a sign that stress levels are high.



**Facing stressors is a fact of life, for children and adults, but there are strategies to help keep stress in check...**



### Trouble sleeping.

A child or teen might complain of feeling tired all the time, sleep more than usual or have trouble falling asleep at night.



*Source* • The American Psychological Association ([www.apa.org/topics/children-teens-stress](http://www.apa.org/topics/children-teens-stress))

