

YOUR MIDDLE SCHOOLER, STRESS, AND YOU



WHAT IS STRESS?

Stress is the body's way of adapting to challenges as threats. As your child experiences new events and learns how to overcome them, their bodies can interpret it as a threat and kick in their internal stress response. However, sometimes stress can have a positive positive called eustress, it can push them perform at their best and step out of their comfort zone.

MAJOR STRESSORS FOR MIDDLE SCHOOLERS

When a group of 11-14 year olds were interviewed on what they feared most coming into the new school year, many were anxious about having to sit for long periods of time, stressed about locker combinations and times allowed to use them, how they will interact with peers, and overall pressure to perform well academically.



STRESS MANAGEMENT

To properly manage stress, it is important for your child to understand that self care goes beyond the typical idea of face masks and spa days, to getting enough sleep, proper nutrition, and socializing with trusted peers.

COPING STRATEGIES

Learning coping mechanisms for when the stress of growing up is too much is crucial to having a healthy mental health. Some suggestions for middle schoolers and everyone are to keep a journal and confide in when overwhelmed, practicing deep breathing and mindfulness to ground themselves, and to have an idea on what works for them to self-soothe.



WHAT YOU CAN DO

The largest issue with 'tweenagers' is the feeling of not fitting in or being understood. Helping your child to be social and communicate with others will show them that their peers are struggling the same as them. Being an open ear to listen and not necessarily respond or give input on is important. Most kids this age just want to be understood rather than given others input.



RESOURCES FOR MORE INFO

A great way to learn more is by visiting sites such as:
- kidshealth.org (for children and parents)
- gozen.com (anxiety relief programs for kids)
- brennerchildrens.org (teen stress and coping center)



It is always advised that if your child's stress and anxieties impact too much of their daily life you should consider consulting with a therapist or doctor.

Created by Eleanor Wilton, EWAGS Troop 70913
as part of her 2019 Girl Scout Gold Award Project

YOUR MIDDLE SCHOOLER, STRESS, AND YOU



WHAT IS STRESS?

Stress is the body's way of adapting to challenges as threats. As your child experiences new events and learns how to overcome them, their bodies can interpret it as a threat and kick in their internal stress response. However, sometimes stress can have a positive positive called eustress, it can push them perform at their best and step out of their comfort zone.

MAJOR STRESSORS FOR MIDDLE SCHOOLERS

When a group of 11-14 year olds were interviewed on what they feared most coming into the new school year, many were anxious about having to sit for long periods of time, stressed about locker combinations and times allowed to use them, how they will interact with peers, and overall pressure to perform well academically.



STRESS MANAGEMENT

To properly manage stress, it is important for your child to understand that self care goes beyond the typical idea of face masks and spa days, to getting enough sleep, proper nutrition, and socializing with trusted peers.

COPING STRATEGIES

Learning coping mechanisms for when the stress of growing up is too much is crucial to having a healthy mental health. Some suggestions for middle schoolers and everyone are to keep a journal and confide in when overwhelmed, practicing deep breathing and mindfulness to ground themselves, and to have an idea on what works for them to self-soothe.



WHAT YOU CAN DO

The largest issue with 'tweenagers' is the feeling of not fitting in or being understood. Helping your child to be social and communicate with others will show them that their peers are struggling the same as them. Being an open ear to listen and not necessarily respond or give input on is important. Most kids this age just want to be understood rather than given others input.



RESOURCES FOR MORE INFO

A great way to learn more is by visiting sites such as:
- kidshealth.org (for children and parents)
- gozen.com (anxiety relief programs for kids)
- brennerchildrens.org (teen stress and coping center)



It is always advised that if your child's stress and anxieties impact too much of their daily life you should consider consulting with a therapist or doctor.

Created by Eleanor Wilton, EWAGS Troop 70913
as part of her 2019 Girl Scout Gold Award Project