



Are YOU Stressed?

What is stress?

Stress is your emotional or physical reaction to an event, or a situation that disrupts your balance. We often see stress in a negative light, but it is also what helps us to focus and get that paper done on time, finish the presentation for work or score the winning goal. While it can be helpful, moderation is key and too much stress can be damaging.

3 of the most common responses to stress are to fight, flight, or freeze

- **Fight** is characterized by anger, aggression and acting out, being overly emotional, and not being able sit still
- **Flight** is characterized by being withdrawn, depressed, having low energy, and lack of emotion
- **Freeze** is characterized by feeling frozen or paralyzed and not being able to react under pressure.

What does stress look like?

Stress comes in many shapes and forms and for children it can present itself differently than it would for adults. A child may lose interest in and not want to be involved in activities they once enjoyed, their grades may suffer, they may act out and have behavior issues, mood swings, trouble concentrating, may have changes in sleep patterns, or begin wetting the bed. Children may also begin habits like sucking their thumbs, lying, defying parents and bullying. Physical symptoms are common too, such as headaches, stomachaches, and nightmares. Children may seem overly emotional with tears one minute and anger the next, they aren't quite able to regulate their feelings and understand them as anxiety or stress yet so this