Everyone's triggers and coping mechanisms are different. So you have to keep searching until you find the right coping method for the individual. To the left are the coping mechanisms that 3rd and 4th graders reported practicing when feeling stressed. Coping can include counseling and even medication, when prescribed by a doctor. But not all coping techniques are healthy in large doses. For example, if a kid is stressed about their chores and they binge watch Netflix to deal with it, often the problem is still there when they are done. For this reason, dealing with the stressor head-on (completing the chore right away) is highly encouraged. Communicating this with children is the best way of helping them strengthen the skills they need to eliminate or cope with stress.

Everyone gets stressed sometimes. It feels like you’re about to pop your top and just like a fizzing soda bottle, you could explode. Kids are no different from adults: they can pop their tops too. The difference lies in their triggers and the ways they choose to deal with stress. Prolonged stress can lead to mental health issues like anxiety and depression. That’s why learning to deal with stress is a vital skill to develop. We surveyed about two hundred 3rd & 4th graders to find out what stresses them out and how they cope with it. To the right are the stressors. The larger the word, the more often kids mentioned it as a stressor.

A good web resource is kidshealth.org. It contains info for all health related topics, including separate sections for parents, teachers, kids and teens.

A good youtube video is: Stress Management Tips for Kids and Teens. Try searching for other ones too!

If you or your child is looking to talk to someone, a good place to start is STRIDE. Don’t forget, STRIDE has behavioral health providers too!