




STRESS MANAGEMENT FOR CHILDREN

7 Good Habits of Great Parents and Teachers

**Lorraine Thomas, author, international speaker on resilience and
Chief Executive, The Parent Coaching Academy**



A good habit takes 30 days to
establish
Do it for 7 days – 95% likely to
achieve it

confidently, calmly and
consistently

How often do you feel stressed?

Parent Coaching Academy survey (1,000 9-11 year-olds 2019)



How often do you feel stressed?

9/10 children say
'often' or 'very
often'

Parent Coaching
Academy survey
(1,000 9-11 year-
olds, 2019)

Who manages stress the best?

Teachers
61%

Children
29%

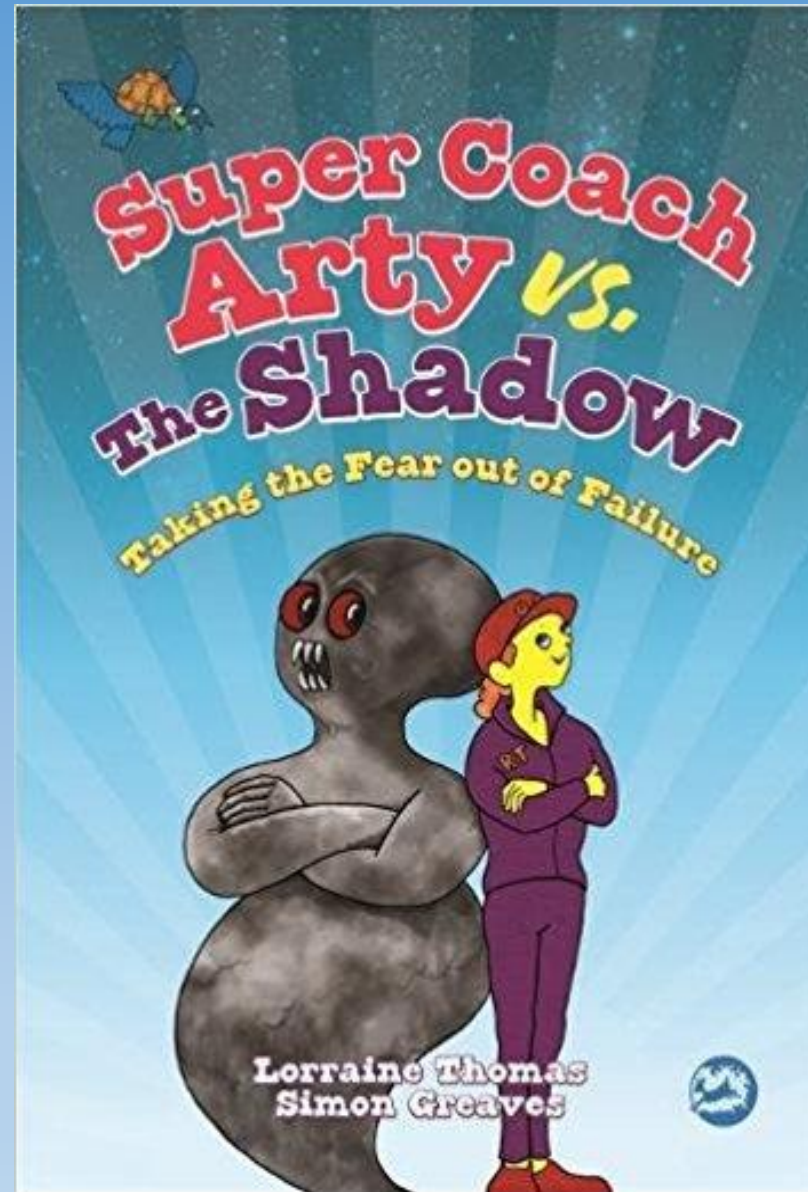
Parents
10%

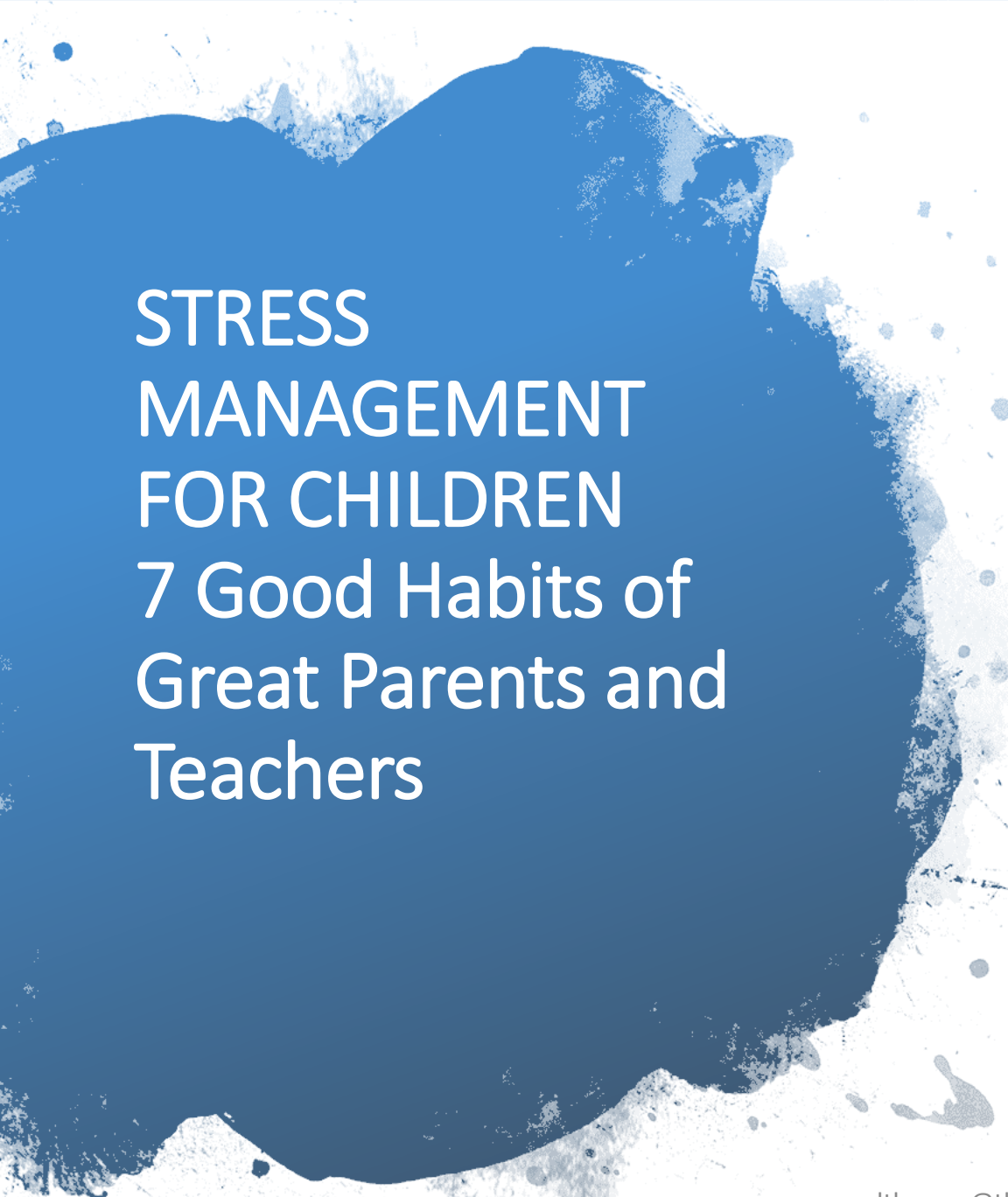
Who manages stress the best?





ALEXA!
Calm, confident,
consistent



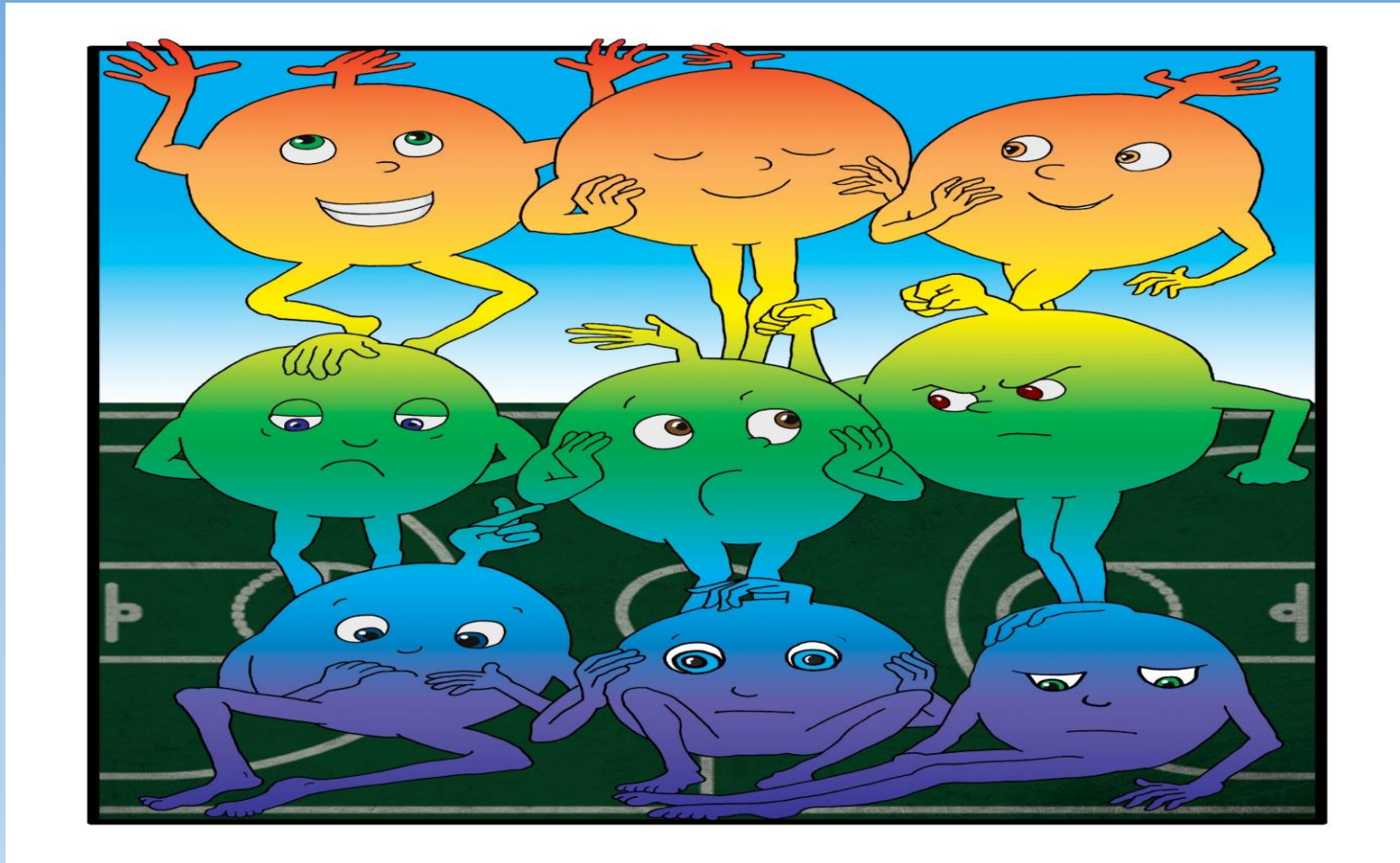


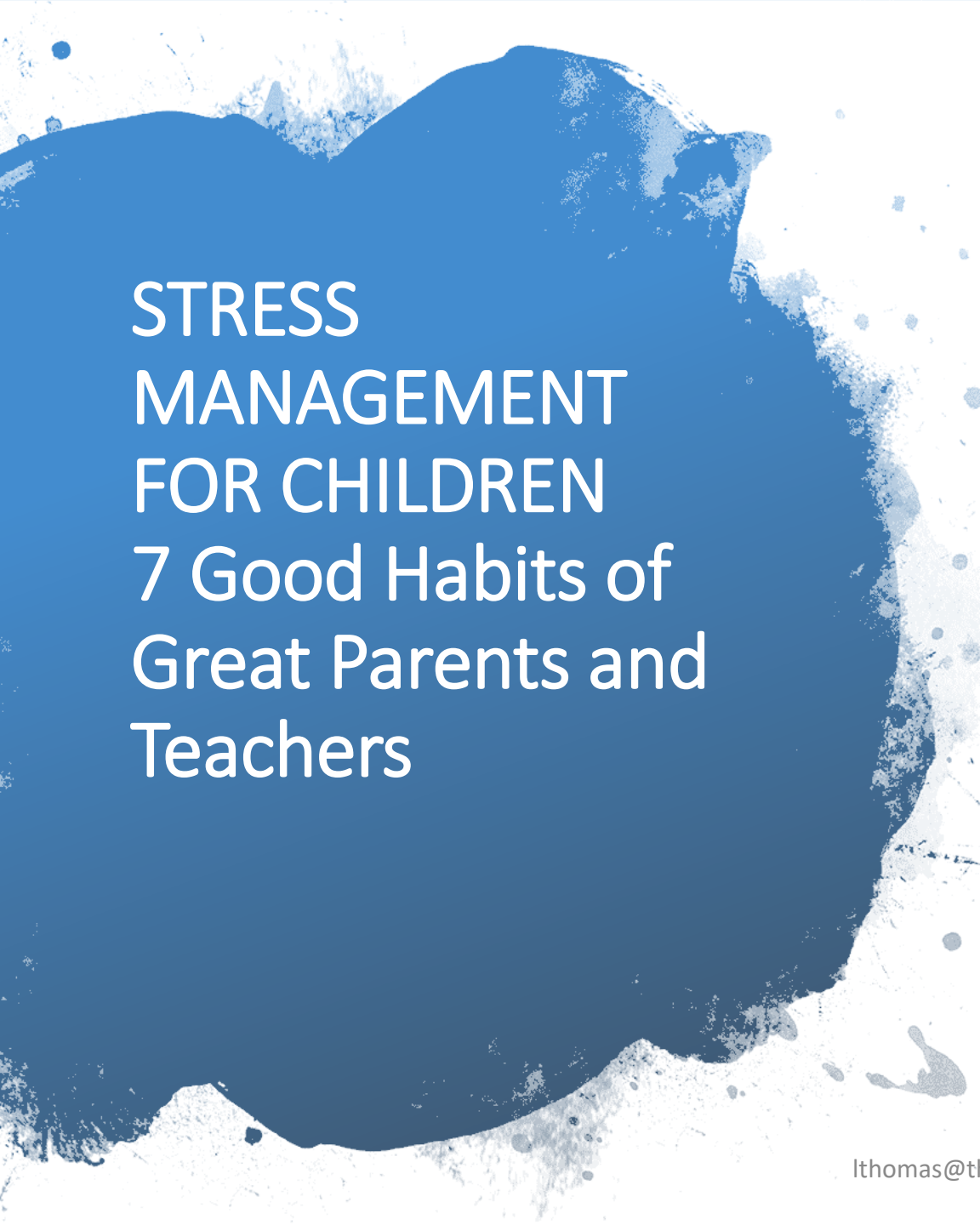
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HABIT 1

Be a positive role model,
taking responsibility for
own emotions and
demonstrating self-care

BE A POSITIVE ROLE MODEL TAKING RESPONSIBILITY FOR OWN EMOTIONS





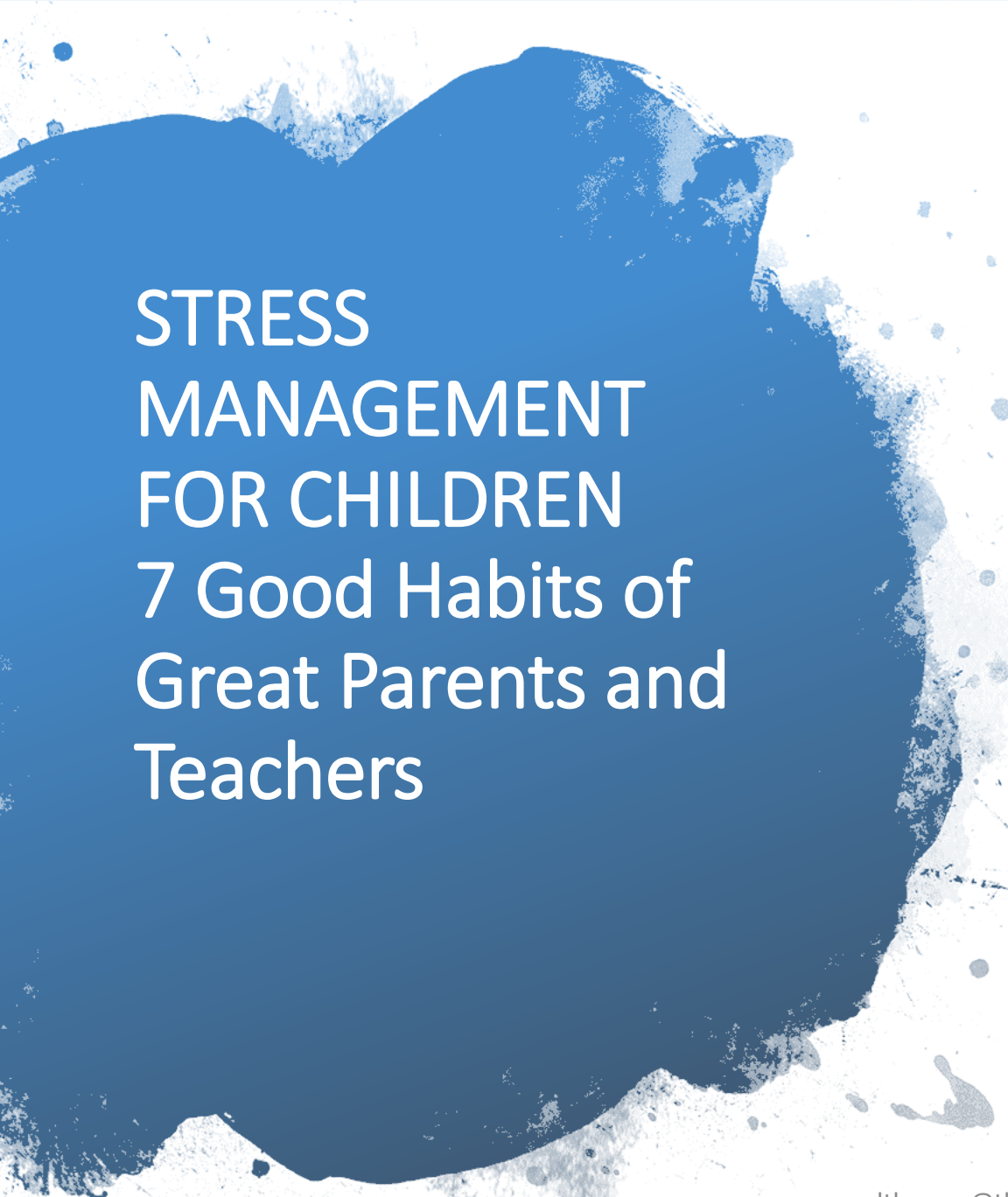
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HABIT 2

Begin the day with
scientifically proven
'stress-busters' –
Mindset, Movement and
Moment

90 Second Stressbusters - Mindset, Movement and Moment





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HABIT 3

Manage Stress with

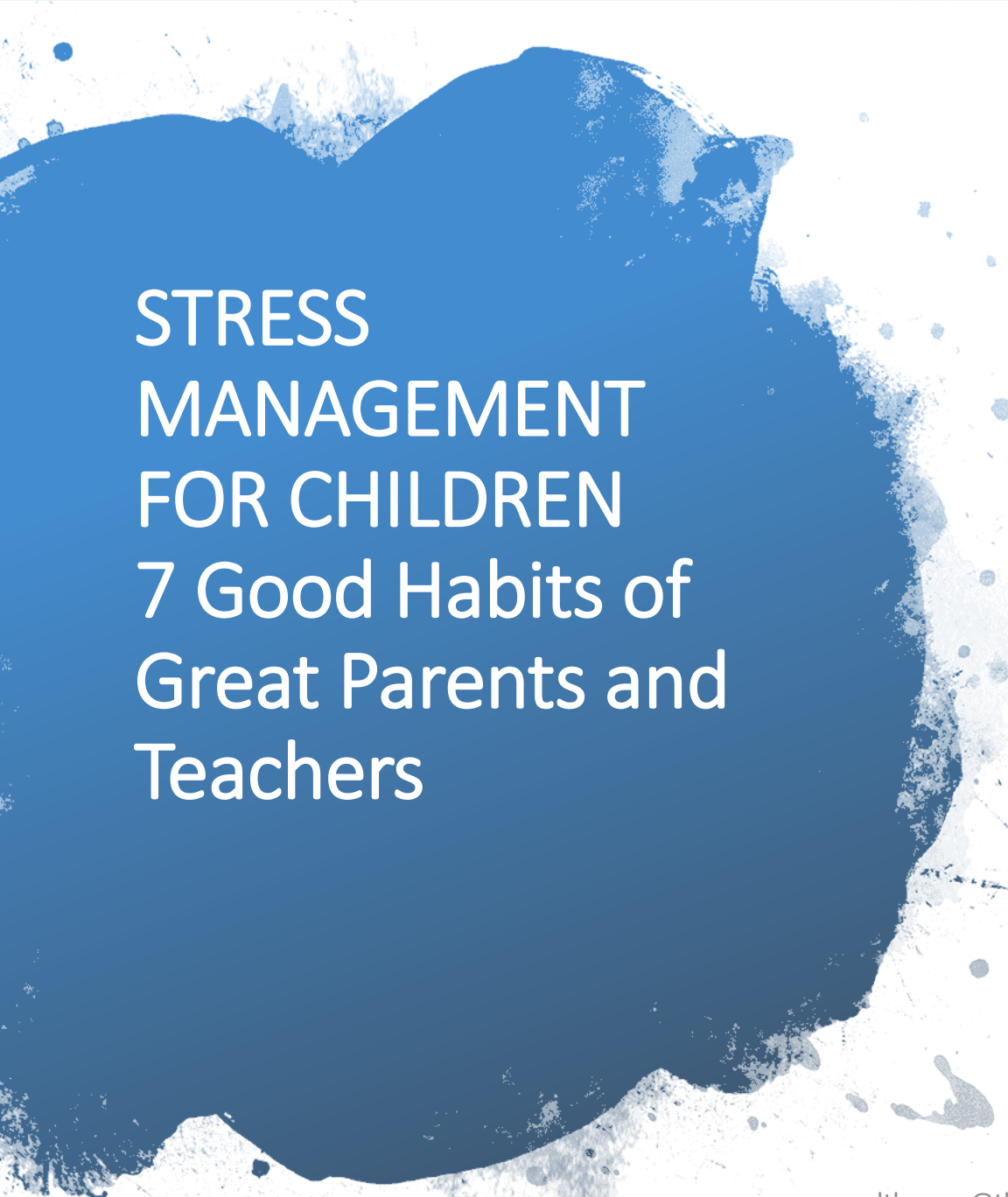
Acknowledge

Breathe

Choose how to respond

**Build relaxation into daily
routine**



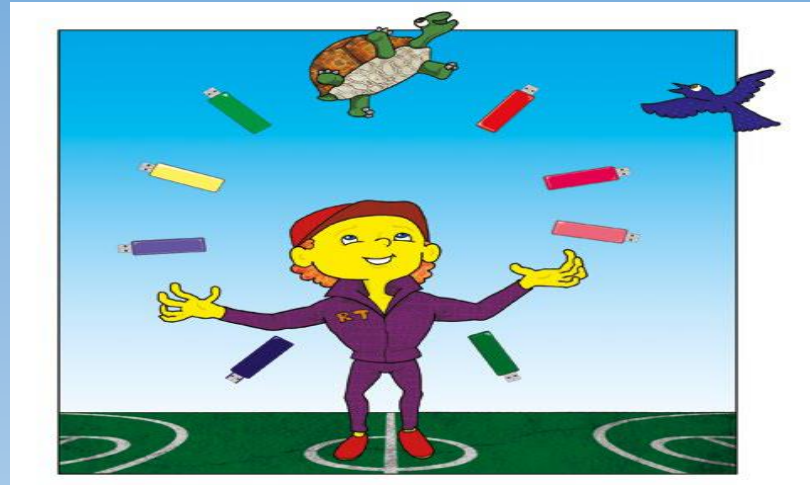


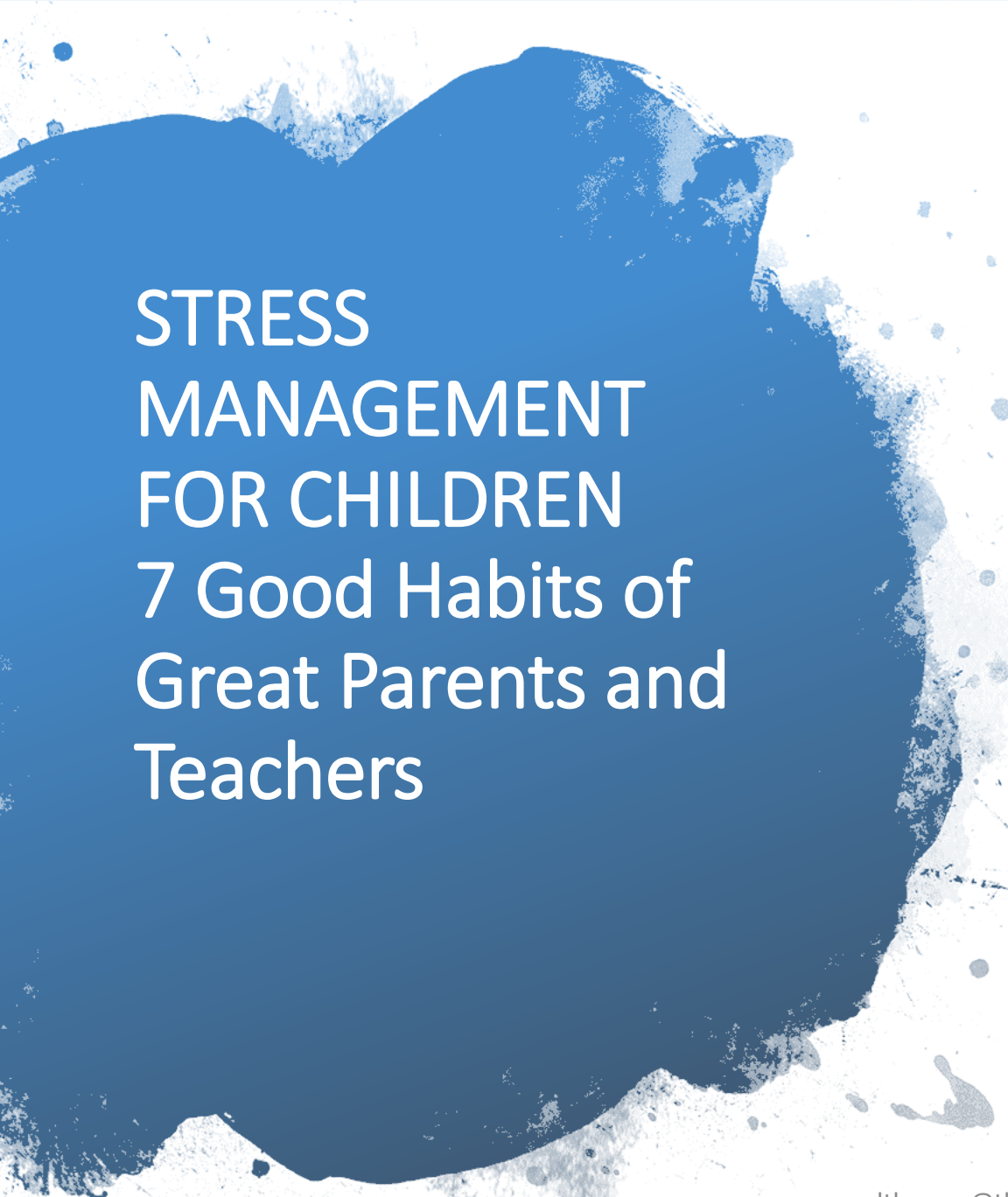
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HABIT 4

Focus on actions inside your control. Connect with your inner coach. Ask for help.

Connect with you 'inner coach'





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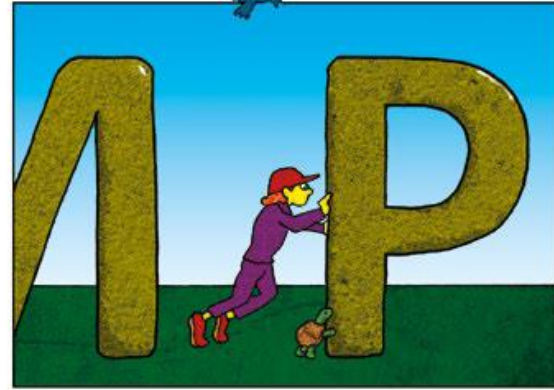
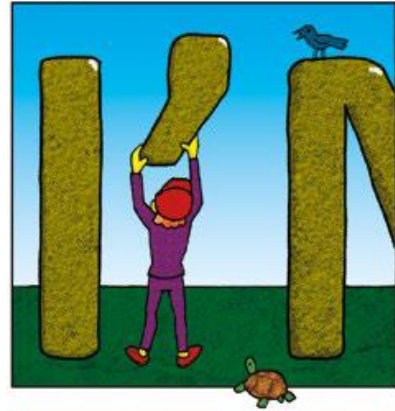
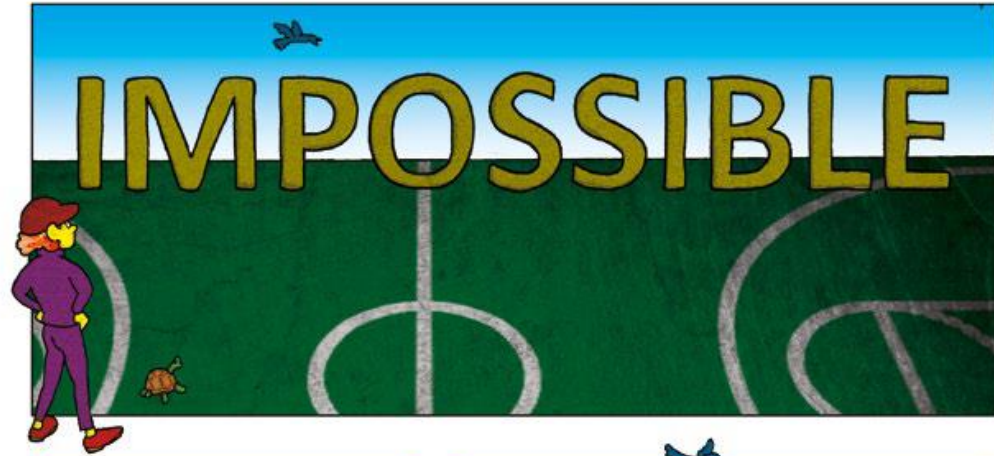
HABIT 5

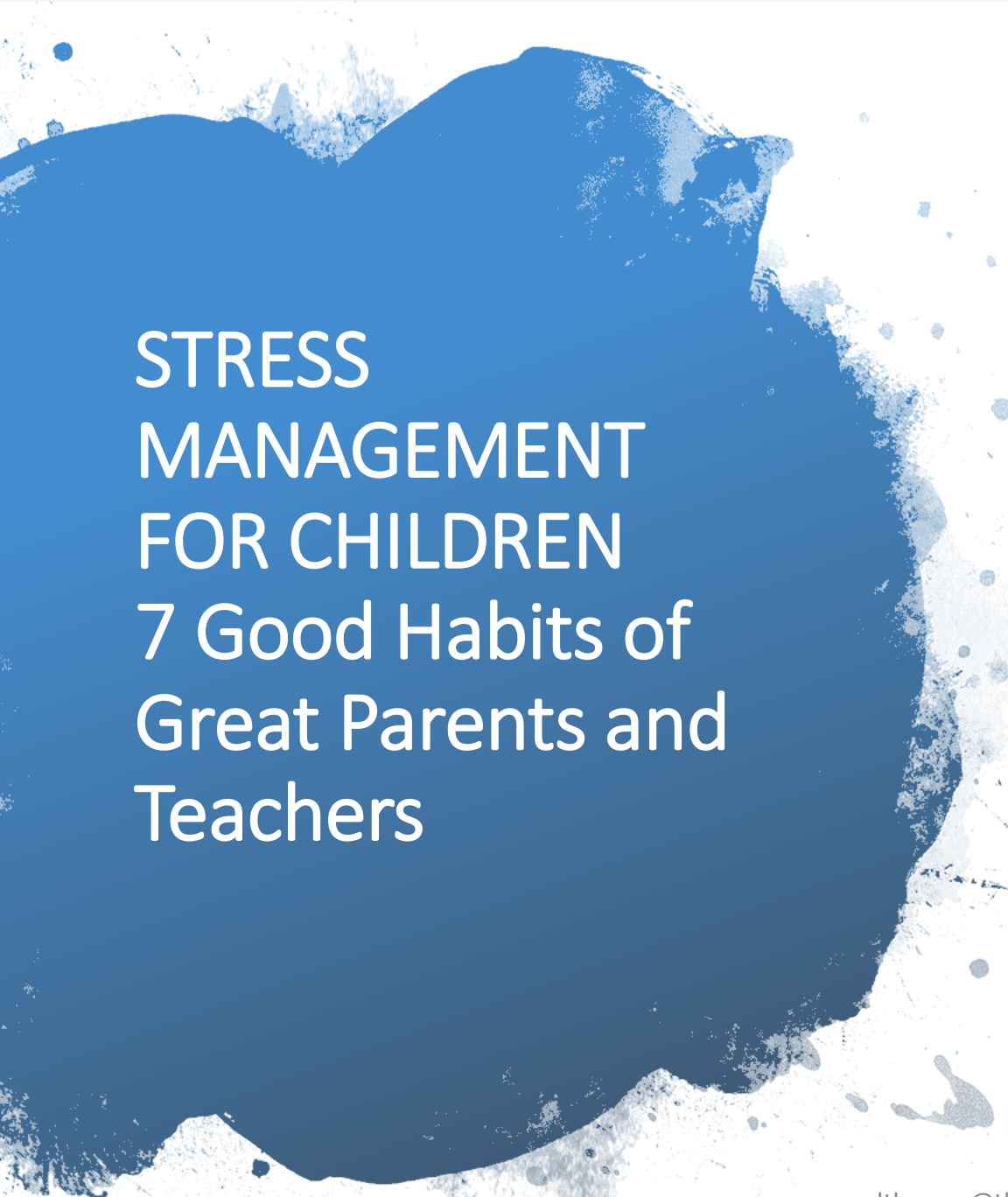
Help children manage
stress with healthy
habits

Engage with them

Explore how feeling

Empower them (we)





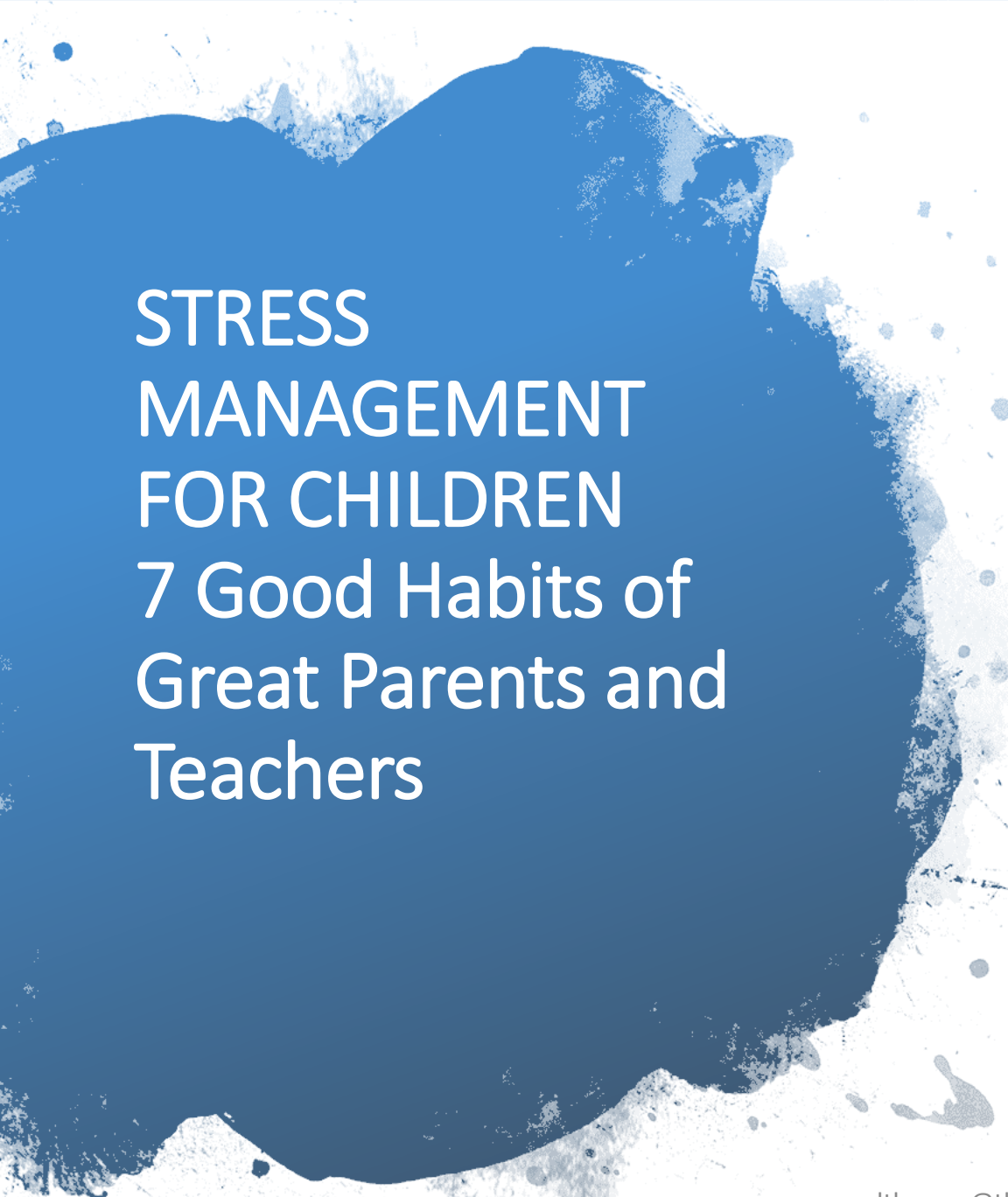
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HABIT 6

Create healthy screen
ethos with hour before
bedtime screen-free

Healthy screen ethos with hour before bed 'screen-free'





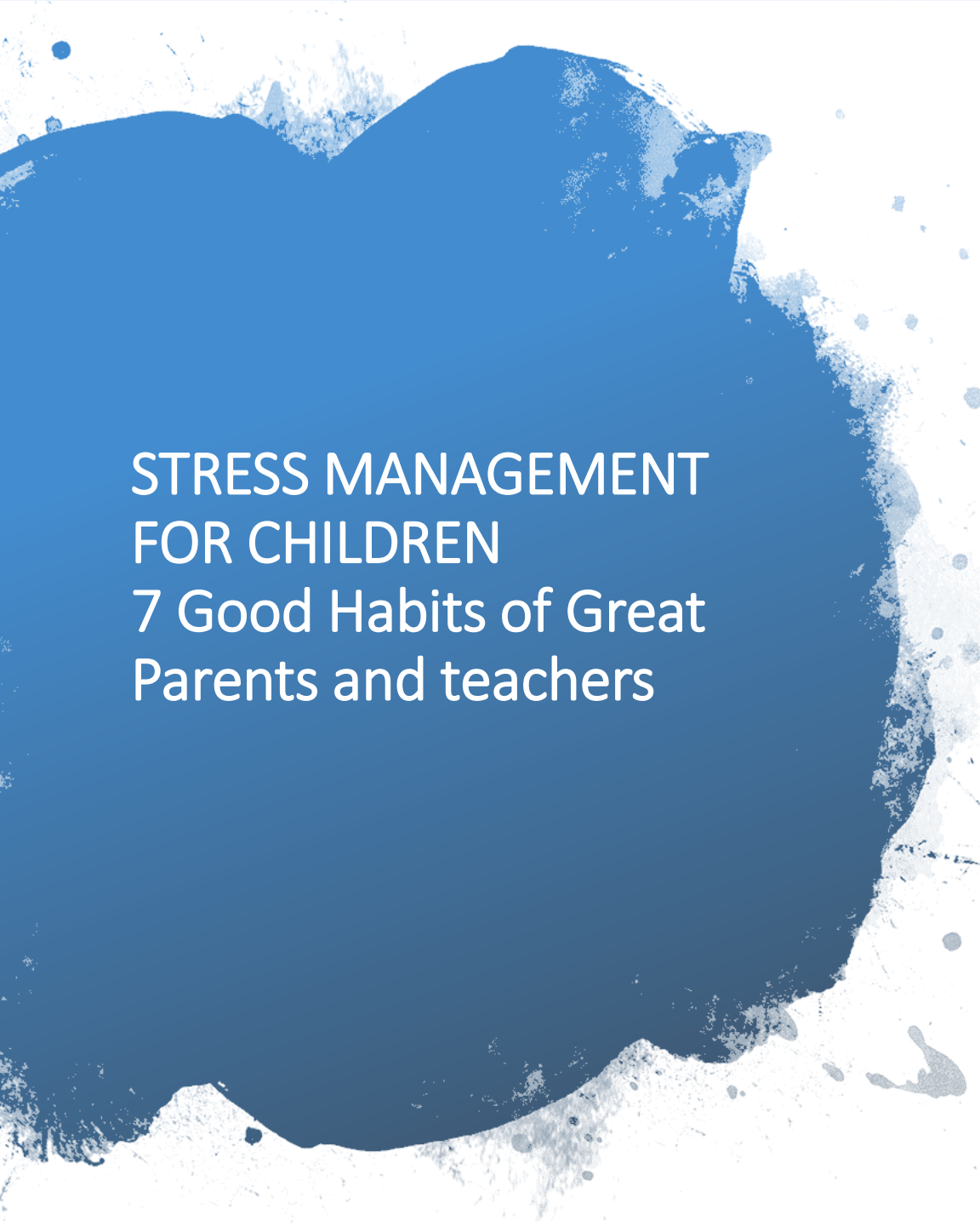
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HABIT 7

Have fun, be grateful
and be kind

Have fun, be grateful and be kind





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1. Be a positive role model, taking responsibility for emotions and demonstrating self-care
2. Begin day with 'stress-busters' – mindset, movement and moment
3. Manage Stress with A ... B ... C ... Build relaxation into daily routine
4. Focus on actions inside your control and connect with 'inner coach'
5. Help children manage stress – Engage, Explore and Empower
6. Create a healthy screen ethos and review regularly
7. Have fun, be grateful and be kind