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Tots and Teens  
Week 7

Week  
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## HELPING TOTS & TEENS

# HANDLE STRESS

Tackling concerns in childhood

**Week 7: What's making my child anxious?**



### IN YOUR WEEK 7 PROGRAMME YOU WILL:

- FIND**  
How your child responds to stress
- TRY**  
Techniques to keep young anxieties at bay
- SPOT**  
Childhood stressors and signs
- KEEP**  
A pressure-point programme

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**LIVE  
GREAT**  
PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS



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EXCLUSIVE PRIVILEGES

# How to de-stress in 8 easy steps

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Starting your Journey	Stress at Home	Stress at Work	Life-changing Moments	How to Communicate	The 4 A's	 Tots and Teens	Staying Happy

## Tots and Teens – Week 7

Welcome to Week Seven of your Stress Management Programme!

We've just one week to go to helping you to stay happy in the long term, but this week we will be looking at how to help our children cope with the anxieties in their life.

From tots to teens, children today come under a lot of pressure whether its comparisons of development at mums and tots to coping with new schools and bullying as pre-teens or having to look good and come up to scratch in the intelligence stakes as a young teen.

As parents we want the best for our children – and helping them cope in times of stress is no different. Keeping lines of communication open and letting them know you are always there for them is key to helping them get through the trials of childhood.

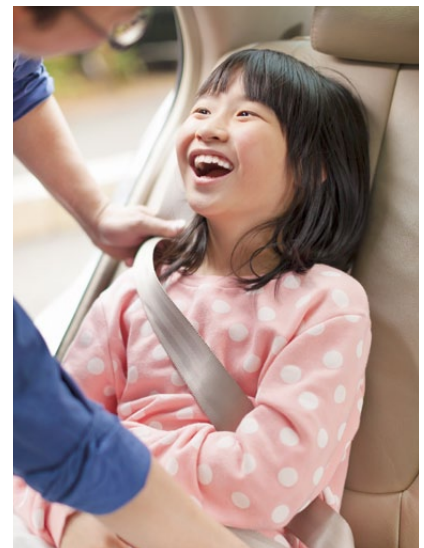
When we're young the small things can sometimes seem insurmountable so it's important to let your children know that there are few things in life that can't be dealt with.

A good reminder that even tough times can be conquered is the anonymous quote, "Everything will be alright in the end. And if it's not alright, it's not the end."

**Start small, live great.**

### START SMALL TIP #7

#### DRIVING COMMUNICATION



#### Benefit from taxi talk!

As hard as you try, some children (especially teens) are not keen to open up to their parents about what's worrying them. So, next time they want to go out with their friends, offer to drive them all. It's surprising how they all chat – and forget you're in the driving seat. Take on board the conversation as a valuable insight into what might be troubling your child – or their friends.

# Find **your child's** personality type

Before you downloaded this guide you completed a short questionnaire to define your child's personality type. If you haven't taken the quiz yet, [click here](#) to do it now.

How your children prefer to deal with important situations in their lives determines the stress management methods that will suit them the best.



Just to refresh, here are the personality types that relate to your child:

## Merry Maker

Your child has an attractive personality and is often the life of a party. He/she tends to be extroverted, humorous and well-liked. Your child makes new friends easily and is always brimming with ideas. However, he/she may tend to be a little careless and unpredictable on occasion. He/she may struggle with completing tasks all the way; it isn't uncommon for your child to be late or forgetful on a regular basis.

## Dominant Leader

Your child is an ambitious leader with a strong will. He/she tends to dominate other children and likes to be in charge of everything. Your child is more solution-oriented and focuses on getting the job done. However, your child is capable of flying into a temper when his/her request is denied. Being straightforward in nature, your child may offend others with his/her impulsive comments or aggressive working style.

## Serious Perfectionist

Your child is a consistent high achiever. He/she is meticulous and organised, with a calm and patient demeanour. Your child may be highly creative in expressive activities such as language, poetry or art. However, they may be perceived as (overly) considerate and perfectionist by worrying too much over small matters, e.g. being on time or finishing the housework. Your child may tend to be introverted and prefer to be alone rather than with others.

# Try our top techniques for handling childhood stress

Growing up is difficult! From tots to teens, negotiating your way through the world can sometimes be stressful. To minimise anxieties here are some handy hints to help your child smooth out the bumps in life's journey.



## Calm For The Merry Maker

The merry maker is all about fun, but often leaves important issues and deadlines trailing in the wake. To add an element of calm and organisation try:

- **A 10 minute warning**  
Children of all ages respond to a heads up at 10 minute intervals starting half an hour before you're due to depart. It's particularly useful when you're trying to take little ones home from a play date or party!
- **To emphasise that carelessness can cause mistakes and accidents**  
Get your child to focus on the job in hand, whether it's tidying their room or completing a school project. Make sure there are no distractions so that they can concentrate on the task in hand. After all, if a job's worth doing, it's worth doing well!
- **Not to overschedule**  
Merry makers find it difficult to complete a task before going on to another. Too many things going on in their lives stresses them out and their attention wavers. Make sure they have enough time to complete what they are doing and congratulate them when they have finished.



## Patience For The Dominant Leader

Strong willed children are a challenge and can cause extra stress on themselves and their family. If some patience would help dial down the stress in your child's life, try:

- **To avoid tantrum triggers**  
Try and help your child to avoid their triggers and suggest ways to do so. For instance if your son lashes out at his brother after a bad day at school, suggest half an hour listening to music as soon as he returns home to avert the trigger. Keep in mind that for smaller children, tantrum triggers also include the physical: particularly being over tired or hungry.
- **To keep open communication**  
Try helping dominant children tone down their speech and body language. You might like to refresh your memory with some helpful techniques from Week 5.
- **To mark boundaries**  
Dominant children like to be in control. A lack of restrictions makes them feel unsafe – and they rebel. Setting up strong boundaries from an early age will reduce conflict and stress – start young and help diminish the stress of parenting teens.



## Humour For The Serious Perfectionist

While we all enjoy some light and shade in our lives, being serious at a young age can create stresses of their own. If your child is stressed by being a perfectionist try:

- **To lighten up**  
The serious perfectionist often has little time for the lighter side of life, but a smile and a laugh are good ways of reducing stress. We're not suggesting you should insist they turn into a full time comedian, but a little laughter will help them to be less serious and keep stress at bay.
- **To let go**  
Nobody's perfect all the time! While their peers will be happy to pass a test, the serious perfectionist will be upset if they don't come top of the class. To minimise the stress of self-expectation help them see that in the grand scheme of things, it's not worth worrying about.
- **To integrate**  
Perfectionists are known to prefer their own company – but social support has been shown to be one of the best antidotes to stress. Knowing that your child has a good friendship circle will cut down your parental stress too.



# Spot the warning signs of juvenile anxiety

Stress can manifest itself physically in toddlers and teens as well as adults, when they are sad, worried and frustrated. Chronic stress can even impair a child's physical development, lowering production of the growth hormone from the pituitary gland.

From tots to teens your children will be affected by life, even if you think they are not old enough to properly understand. Here are some of the stressors of childhood and the signs that your children may be in need some help.



## STRESSORS:

- ☐ Moving away
- ☐ Being bullied
- ☐ Loss of a family member or friend
- ☐ Academic pressure
- ☐ Having a learning disability
- ☐ Constant family arguments







## SIGNS:

- ☐ Withdrawing from friends/family
- ☐ Being restless and irritable
- ☐ Sleeping or eating more than is typical
- ☐ Not being interested in activities they usually love
- ☐ Having fits of anger or rage
- ☐ Having academic difficulties in school

# Keep **your children happy!**

Stress is part of life, but every parent wants to be able to minimise how it affects their offspring. From tinies to young adults and even for parents themselves, here's a useful list to see how your children cope with their day.

Print out and fill in for younger children and encourage tweenies and teens to plot how they get on with each on a daily basis by rating them with a smiley, non-committal or sad face.

STEPS	I HAD ENOUGH SLEEP	I ATE HEALTHY MEALS	I TOOK SOME EXERCISE	I LAUGHED TODAY	I FOUND TIME TO RELAX	HOW I FELT ABOUT MY DAY
EXAMPLE						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



Print this out and use it keep a record of how well you are coping with relieving stress - the more smiley faces the better! And remember – nobody's perfect – ask for help if you need it, from a friend or relative.

# Manage stress with our handy hints

Go to [Live Great Reads](#) for more helpful articles, features and content.



## How to Effectively Manage Stress

Strategies for a happier life



## Don't Stress About Money

Successful saving tips



## Stress Busting Tips from a Medical Expert

Dr Caroline Low tells you how



## How Do Families Recover from Loss?

Psychologist Glenn Graves helps out



Understanding stress and managing how you deal with it is a key to a happy life.

# Next week...



We hope you and your children found this week helpful.

Next week, in Week 8 (the final week of our Stress Management Programme), we'll be looking at how to help you stay happy for the long term, with some handy hints and tips to keep the stress on the down low in all aspects of your life.

If you want to refresh your memory at any time, or simply find out how far you've come, go to <https://www.greateasternlife.com/my/en/personal-insurance/live-great/live-great-articles/live-great-weekly-programmes.html>.

## How?

- Find how to stay happy
- Try our blueprint for happiness
- Spot small changes that make an everlasting difference
- Keep our recipe for future happiness



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Questionnaire endorsed by:

Glenn Graves at [www.counselingperspective.com](http://www.counselingperspective.com)

Based in Singapore, Glenn holds a Masters Degree in Psychology. He also has a certificate in Intermediate Training in Ericksonian Psychotherapy and Hypnosis from the Milton H. Erickson Foundation.



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#### Any Questions? We are happy to help!

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