



Child Mental Health...It Matters!

The 2020-2021 School Year

Understanding kids and stress



Stress is a normal part of life for everyone – even kids! Some stress can be good – it helps us to get things done. However, too much stress that lasts for a long time can be hard on our bodies and our mental health.

Stress in kids can show up in many ways, like a stomach ache or a headache. Some might act differently like becoming quieter or eating too much or too little.

Parents can help by:

- Showing you love them and talking openly about their feelings.
- Encouraging children to try calming activities like deep breathing or doing something active.
- Being a good role model by using your own positive coping activities.
- Talking with a teacher or health care provider if the stress continues.

To learn more about kids and stress visit: <https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/>