



Rethink Stress

Stress happens. How you deal with it can make all the difference.

Everyone has stressful times—stress is our body's natural response to pressure. Stress can be uncomfortable: you might feel overwhelmed, anxious, frustrated, or restless. It might help you to know stress is our body's way of letting us know something has to change. And scientists have learned that just by thinking about stress as a helpful way to alert us when things are not right, we can feel better and think better.

The next time you are feeling stressed, try these steps:

Identify

the problem:

What is causing the stress?

Say your

thoughts out loud:

What negative thoughts are you having about the situation?

Challenge

those thoughts:

Are the negative thoughts accurate or helpful? Is there a more realistic way to think about it?

Rethink

the stress:

How can you think about the situation in a more neutral or helpful way?



LEARN MORE

PASS IT ON!

Learning to manage stress is one of the most important jobs your child has. To build this skill, focus on teachable moments, where you can help them stretch their abilities. Read more here.

If the stress feels like too much or continues too long, it may be time to find support. Talk it through with your healthcare provider.



Connecticut Office of Early Childhood