



Conewago Valley School District Counselors' Corner

February 2018

Stress Management

What is stress?

Stress is the uncomfortable feeling you get when you're worried, scared, angry, frustrated or overwhelmed. Childhood stress is an important health issue. The early teen years are marked by rapid changes-physical, cognitive and emotional. Young people also face changing relationships with peers, new demands at school, family tensions, and safety issues in their communities.

How to manage/cope with stress:

- Identify and tackle the problem. Break work into more manageable pieces. Children can benefit from making lists and timelines.
- Sometimes we know when we are headed for trouble. If you know what people, places, or things cause stress for your child, encourage them to avoid those.
- Let some things go. Encourage your child to understand what they can and cannot change. It's better to tackle homework instead of putting it off, knowing it can't be avoided.
- Relax...teach your child to relax his/her body and try a breathing technique. <https://www.livestrong.com>
- Get sleep! Most children don't get the sleep they need to grow and think clearly. Have your child go to sleep the same time every night and cut back on screen time or watching TV in the late evening hours.
- Engage in physical activity. Help your child to find activities they enjoy. The best type of physical activities have a social component, such as, team sports or doing an activity with friends.
- Release your tension. Inspire your child to do things that make them happy. Find hobbies or activities that bring them joy such as; listening to music, drawing or caring for a pet.
- Encourage your child to talk to someone. It's easier to manage stress when you let others help you.

Resources:

www.aap.org

www.psychologytoday.com

www.fosteringresilience.com

www.kidshealth.org

Additional Resources:

- Contact your child's school counselor if your child needs help managing stress.
- Contact Counseling Services in Adams County for additional resources:
www.truenorthwellness.org
www.cognitivehealthsolutions.com
www.pacounseling.com
www.wellspan.org

Contact Information:

Elementary:

Conewago Township Elementary

New Oxford Elementary

Lisa Miller, millerlisa@cvcolonials.org 624-2157 ext 8009 Roxann Hall, hallr@cvcolonials.org 624-2157 ext 7009

Conewago Valley Intermediate School

Becky Wildasin, wildasib@cvcolonials.org 624-2157 ext 4009

Abby Reichart, reicharta@cvcolonials.org 624-2157 ext 4010

New Oxford Middle School

Laurie Miller millerl@cvcolonials.org 624-2157 ext 3009

New Oxford High School

Lorrie Eck eckl@cvcolonials.org 624-2157 ext 2009

Joe Connolly connollyj@cvcolonials.org 624-2157 ext 2010

Mark Rodrigo rodrigom@cvcolonials.org 624-2157 ext 2011