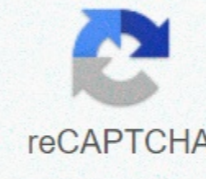


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Student teacher intro letter to parents

Stefanie Juliano Clinical Mental Health Counsellor Read Bio Jessica Tappana Clinic Social Worker Read Organic Jennifer Koebele Read Bio A certain level of stress is normal. And positive responses to stress from events like changing schools and meeting new friends can help students learn and grow. But when exposed to repeated stressful events without tools to manage feelings, stress can become emotionally and physically toxic. This guide explains the symptoms of stress in elementary school students through college and provides strategies teachers and parents can use to help. Stress in students: Causes & Symptoms Unlike adults who can communicate about the impact of stress on their lives, children and adolescents may not recognize or even have the words to describe their feel. Students face stress at rising rates, with a 2014 Study of the American Psychological Association finding teenagers in the U.S. are even more stressed than adults. However, parents and teachers can watch for short-term behaviors and physical symptoms that manifest themselves when stress becomes a problem. Because age plays a major role in how stress affects us, here are some common causes and symptoms for elementary school, middle school, high school and college students to help identify when there may be a concern. Causes Performing important tests While most children do not enjoy taking tests, it can cause extreme stress in some children. Those with extreme testing anxiety can end up completely shutting down during exams, which can have a direct impact on a student's grades. Presenting an oral report Getting started in front of the class is scary for students worried that they will do something embarrassing and become fodder for peer gossip. Physical Education (PE) In addition to the fear of being chosen last when the class is divided into teams, children often have to prove that they have met their fitness standards (curl-ups, push-ups, etc.) in front of the group every semester. Standing in the crowd Whether it's being late, eating an unusual-looking lunch or not knowing the answer when called, being in the spotlight can be stressful for young children. Being in danger of school lock, fire drills, tornado exercises... children are reminded of the potential hazards on a regular basis. Symptoms Disturbed Stomach Headaches and Pains Changes in Appetite Bedwetting Nightmares Worrying/Anxiety Fidgeting Nails Bite Anxiety Separation Refusal to Go to School Physical Aggression Crying Often Difficulty Sleeping Causes Loading Themes The amount of students homework receive in middle school is higher than elementary school, with an average of more than 3 hours of homework per night for students with 5 classes depending on one study. Crowded programs For middle school students involved in activities outside of school (sport, dance, playing an instrument, and other enrichment) finding downtime can can Peer pressure Even before middle school students start to care more about what their peers think, including drugs and alcohol. Concerns about Social Media image created a 24-hour platform for peer pressure and bullying, a problem that didn't exist for their parents. Financial worries In middle school, children who can't afford the hottest brands of clothing, backpacks or smartphones can feel left in place. Common symptoms stomach pain and/or headache changes in chronic appetite worrying nails bite Mood swings Fatigue and increased desire to sleep Sadness/depression Withdrawal to bedroom Auto-bad Checking out of frequent responsibilities absences physical aggression quick temper Often Difficulty sleeping lying down to teachers/parents in lack of degrees abuse of substances Causes romantic relationships to be in a romantic relationship takes up in high school and cause stress for students, especially for those questioning their sexuality. Social Acceptance High school teens, especially those who don't have a set peer group, worry about making friends and avoiding bullying. Earning good grades keeping grades up to entering college becomes increasingly difficult as classes become more challenging. Preparing for college It takes considerable time and effort to decide which colleges to apply to, complete requests, visit schools, go on interviews, etc. Parental pressure Parents often put pressure on their high school students to excel and enter a good college, at the same time, teenagers are trying to establish independence. Symptoms Nausea/Digestive Headaches Common physical pain and pain Skipping meals or chronic overeating worrying Fatigue Sadness/depression Isolation from friends and family Auto-grace Moodiness Ignoring chores/work school Don't do things that used to be fun cutting frequent classes frequent absences Quick to anger Sleep problems Located in teachers/parents no classes substance abuse Withdrawal from friends suicidal thoughts Causes Maintaining a high GPA Keeping with classes can be hard, especially for students juggling hard high course and part- or full-time job. Fear of losing Because learning to balance social activities and academic responsibilities takes time, mistakes are often made along the way. Lack of sleep It is easy to skimp on sleep when there is so much competition for your time. Lack of family and friends For students living on campus, homesickness and loneliness are common. Financial worries If working part-time, full-time, or living on financial aid, learning to manage money is a problem College. Planning for the future Until last year, students feel the pressure to secure a job for after graduation. Stomach Symptoms and Digestive Problems Headaches and Other Pain/Fluctuating Pain Weight Sadness/Depression Self-Bad Moodiness Cutting Classes Physical Aggression Sleep Sleep Feeling Social Isolation Ignoring Responsibilities Abuse of Substances Suicide Thoughts Stress Disorders Related When Sadness and Depression Become Manageable Can Be A Sign of a Mood Disorder, Affecting 1 in 5 Children. While experts can identify many reasons why mood disorders occur in children, such as parents divorce, loss of a loved one and emotional trauma, stress can be a trigger. In addition, dealing with stress can exacerbate symptoms, increasing the pressures associated with a mood disorder. Here are some examples of stress-related mood disorders and links to more information. teachers can help limit student stress Because children and adolescents spend most of the day in classrooms, teachers can play a powerful role in limiting stress. One way to move nervous energy, according to professional mental health Stefanie Juliano, is to allow students to use standing desks, sit on exercise balls or even work on the floor. She also suggests creating a quiet, serene corner by adding a beanbag chair, relaxing images and positive sayings. Below are some additional ideas that teachers can use to limit classroom stress: Limit homework overload Teachers can work together as a team to avoid accumulating too many homework on the same nights or scheduling tests on the same day. Keep kids moving No matter how old students are they can benefit from moving around the room, working at stations, taking stretching breaks, etc. Playing music Studies show that music helps people relax and focus. Classical music is great for the classroom and can serve as a model for students when studying at home. Program time to organize in the lower classes, offices can get dirty quickly, but in older classes cabinets can get out of control too. Taking time to throw out old papers and spout pencils can help students feel more in control. Listen Talking about issues that bother students don't have to take a lot of training time. Even five minutes goes over the concerns, writing them on the board and addressing them later can help students put them aside. Jessica Tappana, a mental health therapist who works with students of different ages, calls for things that stress them hang-ons. Here are three strategies she teaches to students that teachers can use to erase these stressors away: Startling from the top of your head use your hands to gently brush down on your face and body face, flicking away negative energy (not on the person next to you!). Then repeat the back of the body, arms and sides. When you're done, shake hands and step foot! Place a small paper shredder, paper, pens and a trash can by the classroom door. Ask students to write a word or sentence that is something that causes them stress, and then ask them to destroy it! The problem won't go away, but activity encourages them to let the stress out. Out. Class. Sometimes when we're stressed, it feels like we're floating above the ground, so it's important to ground your feet and reconnect. Stand tall and bend your knees a little and imagine your body is a tree trunk. Pretend that there are roots that grow from your feet and imagine that they grow in the ground. Then imagine your arms are branches and lie down and lie down in the sun! Tips for parents for reducing stress When children suffer from stress, it affects the whole family. Because parents are used to being able to solve problems, not knowing how to intervene can be frustrating and even add to stress in the house. Fortunately, parents can take action by setting out the following tips to reduce symptoms of toxic stress. Psychologists say that adolescents need time to decompress and develop naturally through non-purpose-related activities. Lessons, sports teams and other activities can be helpful when it's time to apply to college, but should be scheduled around what works best for every moderate child. In addition to improving physical and emotional health, sleep reduces student inattention, and helps student learning and memory skills. When children do not get enough sleep, they are at a higher risk of depression, suicidal thoughts and self-harm. So how much sleep is enough? The American Academy of Pediatrics recommends that children between the ages of 6 and 12 have a minimum of 9-12 hours of sleep per night, with 8-10 recommended hours for adolescents. Parents can help by encouraging children and teens to turn off screens at least an hour before bedtime and by limiting access to screens in their child's bedroom. Children develop a taste for healthy foods when they are exposed to it early. Family meals should include a variety of fruits and vegetables and foods made from whole grains and protein in accordance with US guidelines. Parents should also limit processed foods and those containing sugar, which may be related to sleep problems and depression. Physical activity guidelines for Americans by the CDC recommend at least one hour of exercise per day for children and adolescents to strengthen cardio fitness and keep depression and anxiety at bay. Surprisingly, only 1 in 3 children get exercise every day. Parents should encourage younger children to exercise by turning off screens and sending them outside to play. Teenagers may need more structured activities, such as organized sports. Getting enough sleep, eating nutritious foods and exercising are all important for good mental health. Best to teach children these self-care strategies is for parents to follow them too! Most people get nervous before they do a test. In fact, nervous feeling motivates us to study so we can get through! But for some students, it goes beyond feeling nervous to the point where it causes them to freeze and be unable to perform well. In this section, we discuss the definition and symptoms of the test and how students can prevent themselves from getting out of control. what's the problem? Students with test anxiety become so anxious that they provoke a physical response. They can feel their heart beating quickly, start to sweat and become nauseous. Unfortunately, the more concerned they are with anxious feelings, the more anxious they become, creating a seemingly endless cycle. In other words, concern about their worries gets in the way. What are the symptoms? The main symptom of test anxiety is accelerated heart rate. However, there are additional physical, emotional, and behavioral symptoms that may occur. For example, students may feel dizzy, have digestive problems and sweat profusely. It is also common to become angry and scared and feel disappointed in yourself. All these symptoms make it impossible to concentrate. can students handle it? Therapist Jessica Tappana explains that knowing how to breathe is an important part of the anxiety test fight. Breathing helps us to ground ourselves and feel present. Increased oxygen flow to the brain will help students think more clearly. Getting a good night's sleep and eating a balanced meal in the morning is mandatory, adds professional mental health Stefanie Juliano. Students should avoid substances such as alcohol before a test. Juliano points out that knowing your triggers will help you. If you feel tensioning, getting a headache, feeling injured back, or so on, take a short break, either standing (if possible) or sitting and continuing to breathe. Older students can also investigate alternative practices before major tests, such as acupuncture, essential oils, massage or chiropractic care. Quick Student Stress Busters Learning to recognize signs of stress and practicing ways to address these symptoms are important steps on the path to good mental health. Here are some activities from our mental health experts that parents and educators can teach children and adolescents to get them started. For elementary school children Children respond well to the visual manifestations of stress. Ask them to draw their feelings of stress on a piece of paper. They can use crayons, markers, crayons or even paint. Then ask them to crumple the paper or tear it into pieces. As they stand up to throw the paper, explain to them that they are also throwing away negative feelings and stressors. Breathing exercises are good practices to learn the body responds when we breathe properly. Ask the children to breathe deeply through the nose and then slowly, slowly, slowly breathe as they are blowing bubbles, dandelion or candles on a birthday cake. Remind them to pay attention to how their chest and move in and out. This activity shapes to feel safe even when you feel stressed. Instruct the children to realize that they are in a large bubble that completely surrounds them. Completely. Bubbles are all the people and things that make them feel safe like family members, friends, pets and stuffed animals. Let them sit for a few minutes while urging them to listen feel their bodies in a safe space that they can walk to in their minds when they feel stressed. For middle school students This activity requires complete silence, so children should be instructed that there is no discussion at all. Use a light, it would be a net to ensure no one is hurt. Tell the kids to throw the ball at each other, but they can't throw it at the same person who threw it at them. If he misses, he has to sit down. This activity can relieve stress and calm an anxious class. Teach older children to lie down correctly to relieve tension and help their bodies to relax. It can be done at any time of the day for a short break. Neck: Put your hands behind your back, grasping your right wrist with your left hand. Use your left hand to gently straighten your right arm, pulling it gently. Lower your left ear to your shoulder and hold for 30 seconds. Go to the other side. Repeat with your left wrist and right hand. Back: Lie on the floor stretching your arms above your head and pointing to your toes. Fold your right leg to your chest with your hands behind your knee and hold for 30 seconds. Repeat with your left foot. For high school students progressive muscle relaxation is a useful tool for teens to relax, especially at night, when they have trouble falling asleep. They can sit or lie on the floor. Instruct them to relax each part of the body, starting with their feet and working until they reach their heads. Take the time to address each side in detail. Instruct them to repeat what you say in their head. I relax my legs, relax the top of my leg, the bottom of my foot, etc. Because breathing becomes chaotic when we are stressed, it is useful to practice breathing in the diaphragm, which is the natural method. Lie down, put a hand on your chest and a hand on your abdomen. Breathe through your nose and mouth. Classical music slows down heart rate and heart rate, lowers blood pressure and lowers stress hormones. Make a habit of playing classical music in class and at home to reduce stress and prevent distractions. Free classical music is available on Spotify and YouTube. For students visual images involve the use of imagination to create soothing feelings. Using free scripts of guided images, would be those available from Healthy Place PSU at Plymouth State University, teach students to use visual images to feel calm and centered. There are many benefits associated with mindfulness, including decreased stress hormone levels, and better physical and emotional health. Instruct students to stand on the floor with their feet crossed. The posture should be straight, but relaxed. Ask students to their hands on their feet. They should become aware of their breathing, letting their thoughts go. It's okay if a thought comes, in which case they should recognize it and let it go while it continues to breathe in and out. Out.

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