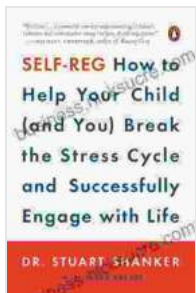


How to Help Your Child and Yourself Break the Stress Cycle and Successfully Engage

As a parent, it can be incredibly stressful to watch your child struggle with stress, anxiety, or other mental health challenges. You may feel helpless, frustrated, or even guilty. The good news is that there are things you can do to help your child—and yourself—break the stress cycle and successfully engage.

What is the stress cycle?

The stress cycle is a natural response to a perceived threat. When we feel threatened, our bodies release hormones like cortisol and adrenaline. These hormones cause a number of physical and mental changes, including:



Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life

by Stuart Shanker

★★★★☆ 4.8 out of 5

Language : English
File size : 3252 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
X-Ray for textbooks : Enabled
Print length : 307 pages

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- Increased heart rate and blood pressure
- Increased breathing rate
- Dilated pupils
- Tense muscles
- Sweating
- Nausea
- Difficulty concentrating
- Irritability
- Anxiety
- Fear

The stress cycle is designed to help us cope with short-term threats, such as predators or other dangers. However, when we are exposed to chronic stress, the stress cycle can become dysregulated. This can lead to a number of health problems, both physical and mental.

How can I help my child break the stress cycle?

There are a number of things you can do to help your child break the stress cycle, including:

- ****Help your child identify their stressors.**** Once you know what is causing your child stress, you can start to develop strategies to help them cope.

- ****Teach your child coping skills.**** There are a number of coping skills that can help children manage stress, such as:
 - Deep breathing
 - Meditation
 - Yoga
 - Exercise
 - Spending time in nature
 - Talking to a trusted adult
- ****Create a supportive environment.**** Children need to feel safe and supported in order to thrive. Make sure your child knows that you are there for them and that you love them unconditionally.
- ****Encourage your child to get involved in activities that they enjoy.**** When children are engaged in activities that they enjoy, they are less likely to feel stressed.
- ****Limit your child's exposure to media.**** Media can be a major source of stress for children. Limit your child's exposure to violent or upsetting content.
- ****Seek professional help if needed.**** If your child is struggling to cope with stress, don't hesitate to seek professional help. A therapist can help your child develop coping skills and manage their stress levels.

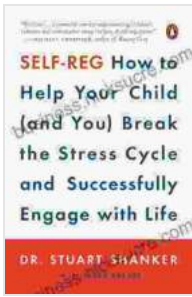
How can I help myself break the stress cycle?

It is important to remember that you are not alone. Many parents struggle with stress and anxiety. There are a number of things you can

do to help yourself break the stress cycle, including:

- ****Take care of yourself.**** Make sure you are getting enough sleep, eating healthy foods, and exercising regularly.
- ****Learn stress management techniques.**** There are a number of stress management techniques that can help you relax and reduce stress, such as:
 - Deep breathing
 - Meditation
 - Yoga
 - Exercise
 - Spending time in nature
- ****Create a support system.**** Surround yourself with people who love and support you. Talk to your friends, family, or a therapist about your stress.
- ****Set realistic expectations.**** Don't try to be perfect. Everyone makes mistakes. Focus on ng your best and don't be afraid to ask for help when you need it.
- ****Seek professional help if needed.**** If you are struggling to cope with stress, don't hesitate to seek professional help. A therapist can help you develop coping skills and manage your stress levels.

Breaking the stress cycle is not always easy, but it is possible. By following the tips above, you can help yourself and your child break the stress cycle and successfully engage.

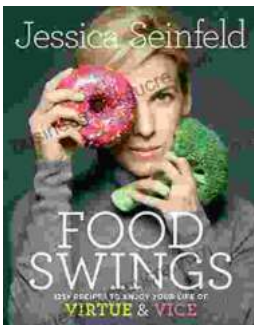


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