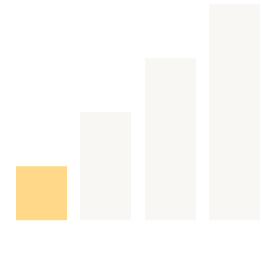


The Stress Spectrum



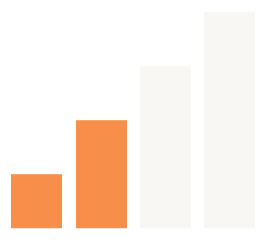
Recognizing Everyday Stress in Kids

Stress in kids ranges from minor frustrations to serious challenges. Recognizing the signs can help families provide support.



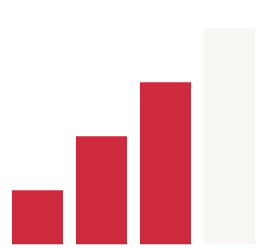
Mild Stress:

Everyday frustrations like homework struggles or sibling arguments.



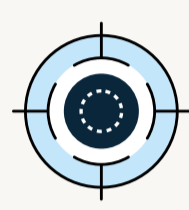
Moderate Stress:

Stressful transitions, such as moving to a new school or adjusting to a new routine.



Severe Stress:

Chronic stress from trauma, bullying, or family conflict, leading to potential long-term impacts on mental and physical health.



Common Triggers Across the Spectrum

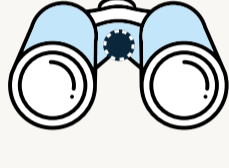
Academics: Struggles with grades, tests, or homework pressure.

Social Dynamics: Peer conflicts, bullying, or isolation.

Family Issues: Divorce, financial struggles, or parental stress.

Trauma: Loss of a loved one, abuse, or natural disasters.

Health: Chronic illness or developmental challenges.



Signs to Watch For

Physical:

- Headaches
- Stomachaches
- Fatigue

Behavioral:

- Restlessness
- Withdrawal
- Aggression

Cognitive:

- Difficulty Concentrating
- Forgetfulness

Emotional:

- Anxiety
- Sadness
- Irritability

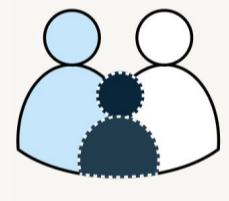


The Impact of Chronic Stress/Toxic Stress

- Stress Exposure
- Overactive Stress Response
- Impaired Brain Development
- Increased Risk of Mental and Physical Health Issues

Key Insight:

Early intervention is critical to mitigating long-term damage.



Supporting Your Child at Home

Do's ✓

- Create open communication.
- Establish routines for predictability.
- Encourage healthy outlets (e.g., physical activity, hobbies).

Don'ts ✗

- Minimize their feelings.
- Overload them with tasks.
- Ignore prolonged stress symptoms.



Seeking Additional Support

1. Therapy

Individual therapy for children and their parents. Couples counseling and family therapy. All with independently licensed mental health providers.

2. Psychiatry

Consultation and medication management for children and parents with psychiatrists trained in treating both children and adults.

3. Parent Coaching:

Parent-focused coaching and support with a licensed provider to help you with all the challenges of parenting.

4. Virtual Mental Health Care:

Video and phone calls from everywhere. The best clinicians for your family's needs, on your family's schedule.



When to Seek Professional Help



First Signs:

Difficulty sleeping or eating, irritability.



Persistent Symptoms:

Lasting more than two weeks, interfering with daily life.



Crisis:

Suicidal thoughts or self-harm —seek immediate emergency care.