



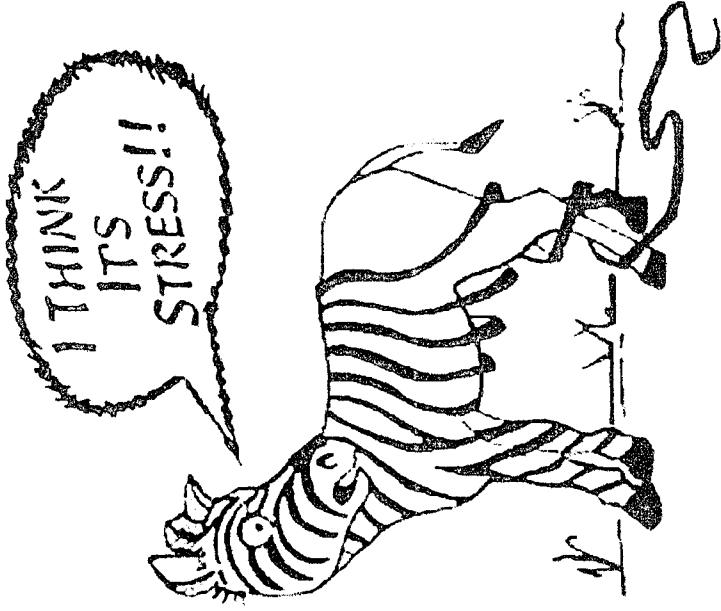
Children in Crisis



How Stress Impacts Your Child
Focus On Kindergarten-2nd Grade



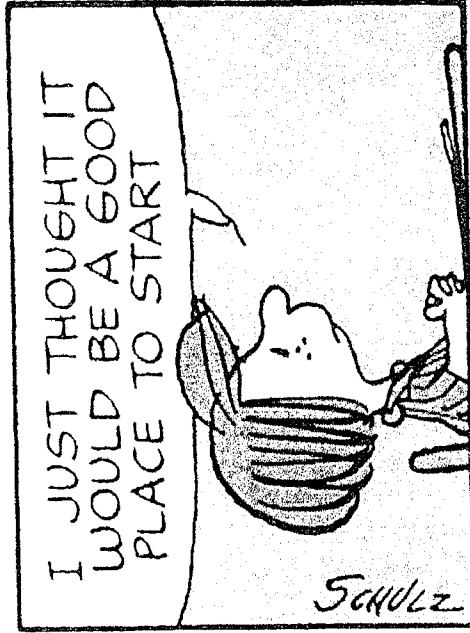
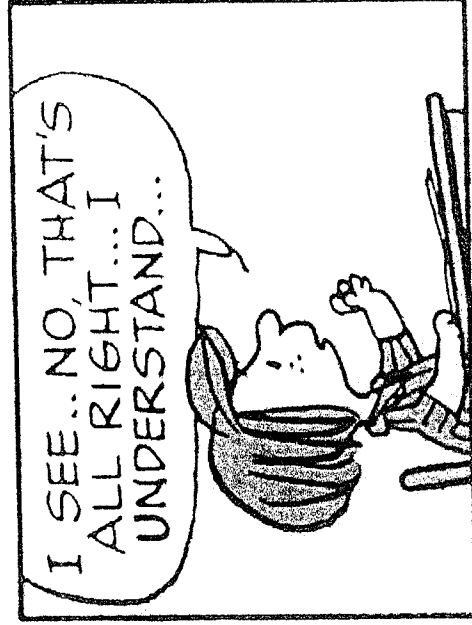
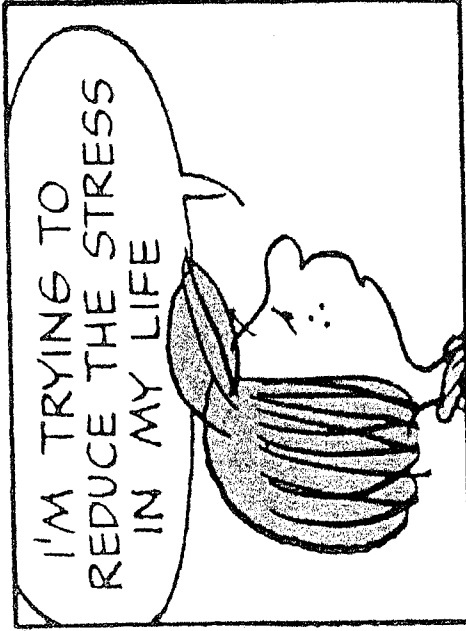
What Is Stress?

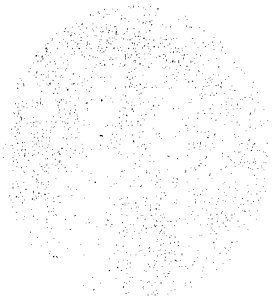
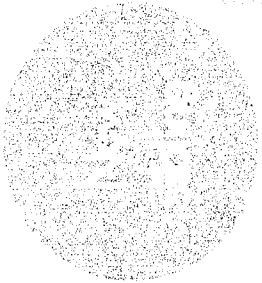
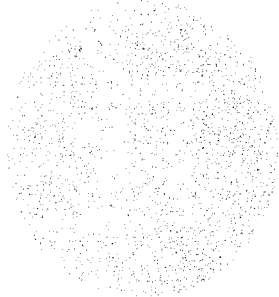
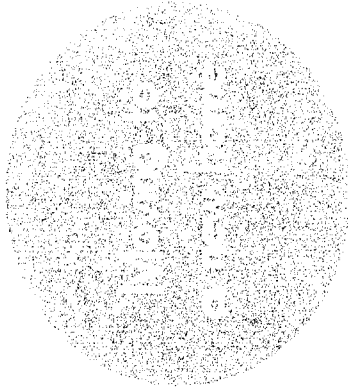


What is Stress

- Stress is a physical, mental or emotional response to a situation.
- Stresses can be external- from the environment or social situations.
- Stresses can be internal- illness, medical procedure, a response to a demand we place on ourselves *and* our **belief in our ability to succeed** or our responses to failure.

Causes of Stress???





What Happens To your Body?

- Acceleration of heart and lung action.
- Inhibition of stomach and upper-intestinal action to the point where digestion slows down or stops.
- Stomach aches.
- Constriction of blood vessels in many parts of the body
- Release of nutrients (particularly fat and glucose) for muscular action. Getting ready for fight or flight.
- Dilatation of blood vessels for muscles
- Relaxation of bladder
- Effect on senses: Auditory exclusion (loss of hearing), tunnel vision (loss of peripheral vision)
- Feeling flush
- Shaking
- Stress can initiate the "fight or flight" response, a complex reaction of neurologic and endocrinal systems

Stress Response in the Brain

Linking to Brain Research

PREFRONTAL CORTEX

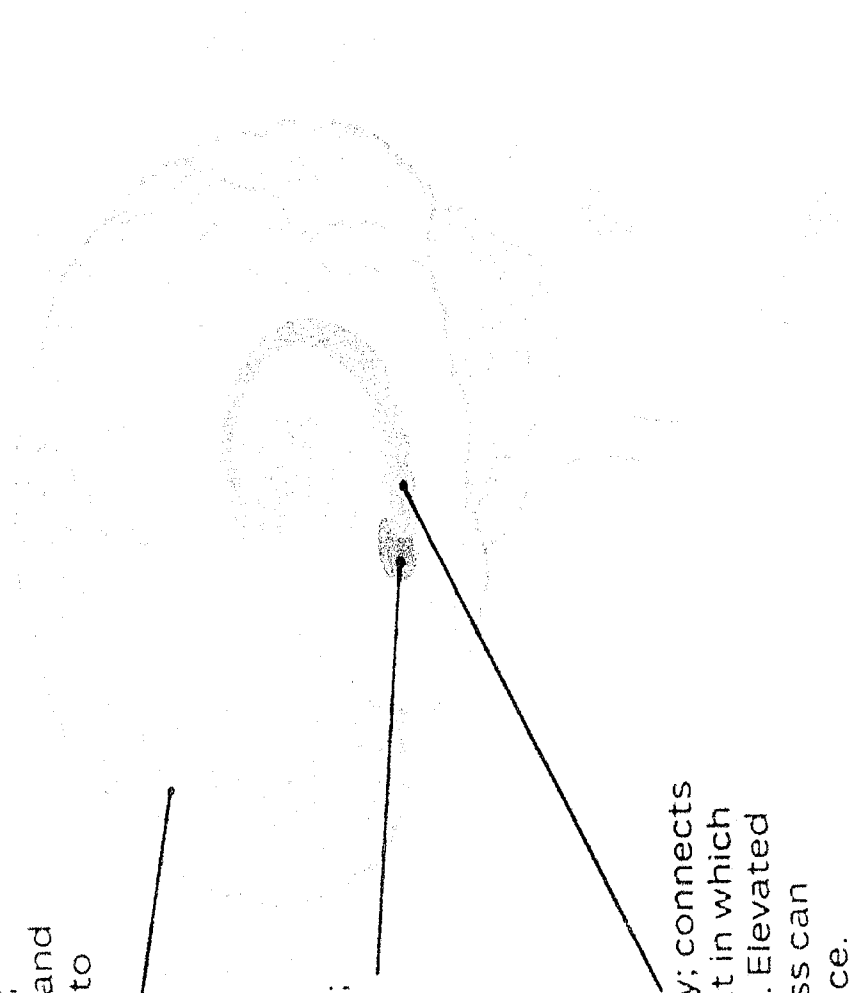
Center of executive functions; regulates thought, emotions, and actions. Especially vulnerable to elevation of brain chemicals caused by stress.

AMYGDALA

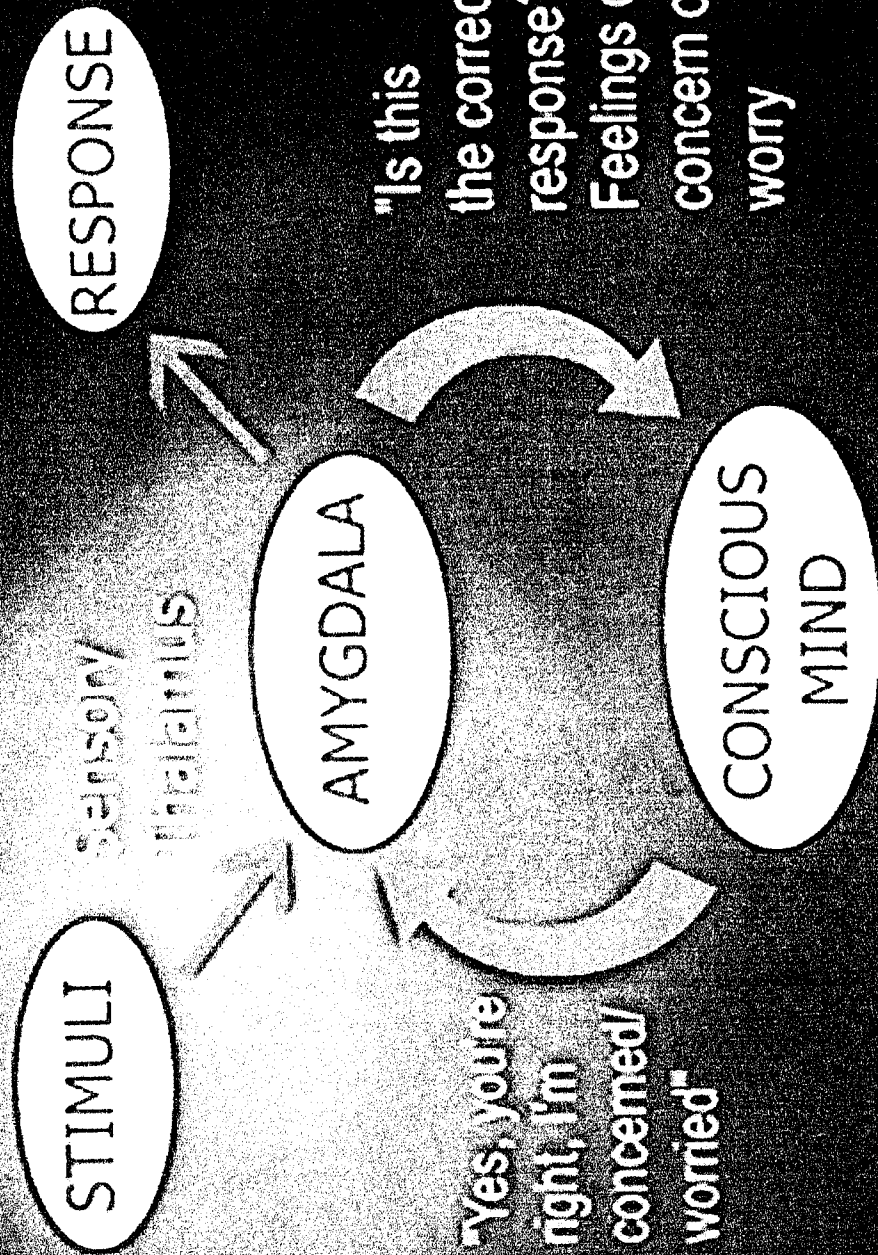
Triggers emotional responses; detects whether a stimulus is threatening. Elevated cortisol levels caused by stress can affect activity.

HIPPOCAMPUS

Center of short-term memory; connects emotion of fear to the context in which the threatening event occurs. Elevated cortisol levels caused by stress can affect growth and performance.



The Role of the Amygdala



More Brain Info!

What happens in your brain?

Once your brain has decided there's a danger, it sends immediate nerve signals down your spinal cord to your **adrenal glands** telling them to release the hormone adrenaline. Once released, adrenaline increases the amount of sugar in your blood, increases your heart rate and raises your blood pressure- among other things.

Your brain's **hypothalamus** also sends signals to your pituitary gland at the bottom of your brain, telling it to release factors that within a few minutes have travelled through your bloodstream and stimulated your adrenal cortex to produce a stress hormone – cortisol.

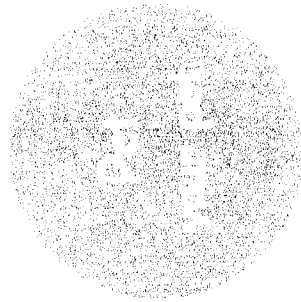
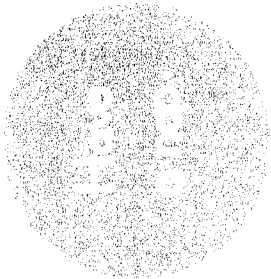
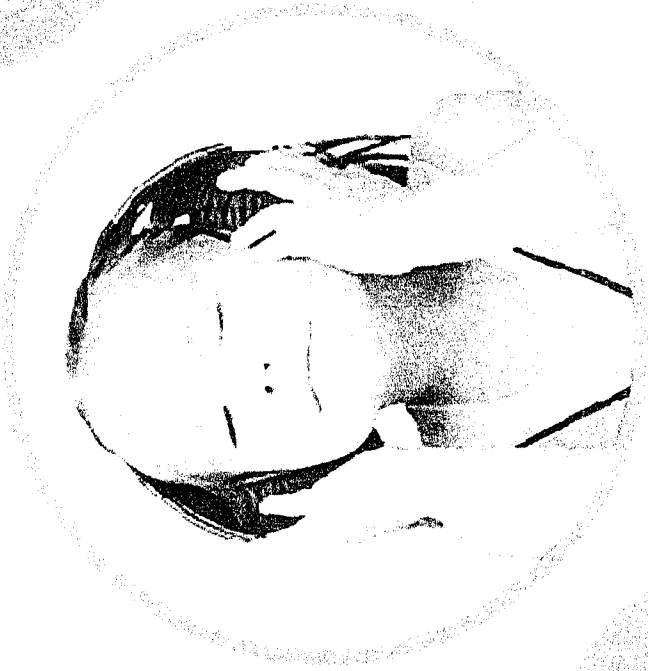
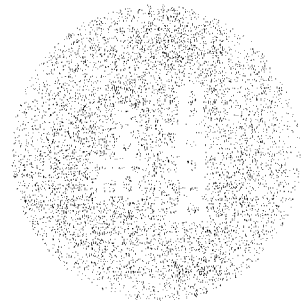
Cortisol is very important in your stress response - keeping your blood sugar and blood pressure up to help you escape from danger.

Signs Of Stress In A Child

- Angry outbursts
- Crying Spells
- Appetite Loss
- Increased Appetite
- Bed-wetting/other regression
- Accident prone
- Biting Fingers
- Baby Talk
- Daydreaming, nightmares
- Change in Behavior (loud child becomes quiet or withdrawn)
- Insomnia
- Thumb Sucking
- Stuttering
- Complaining more than usual about school or other situation.
- Avoiding people/places
- Grinding teeth

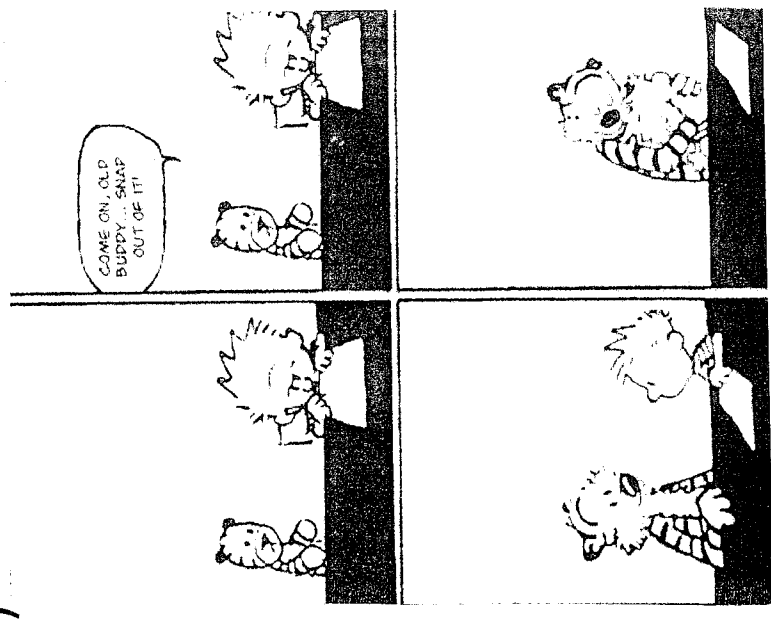
Now that we are all stressed about stress- What Can We Do About It?





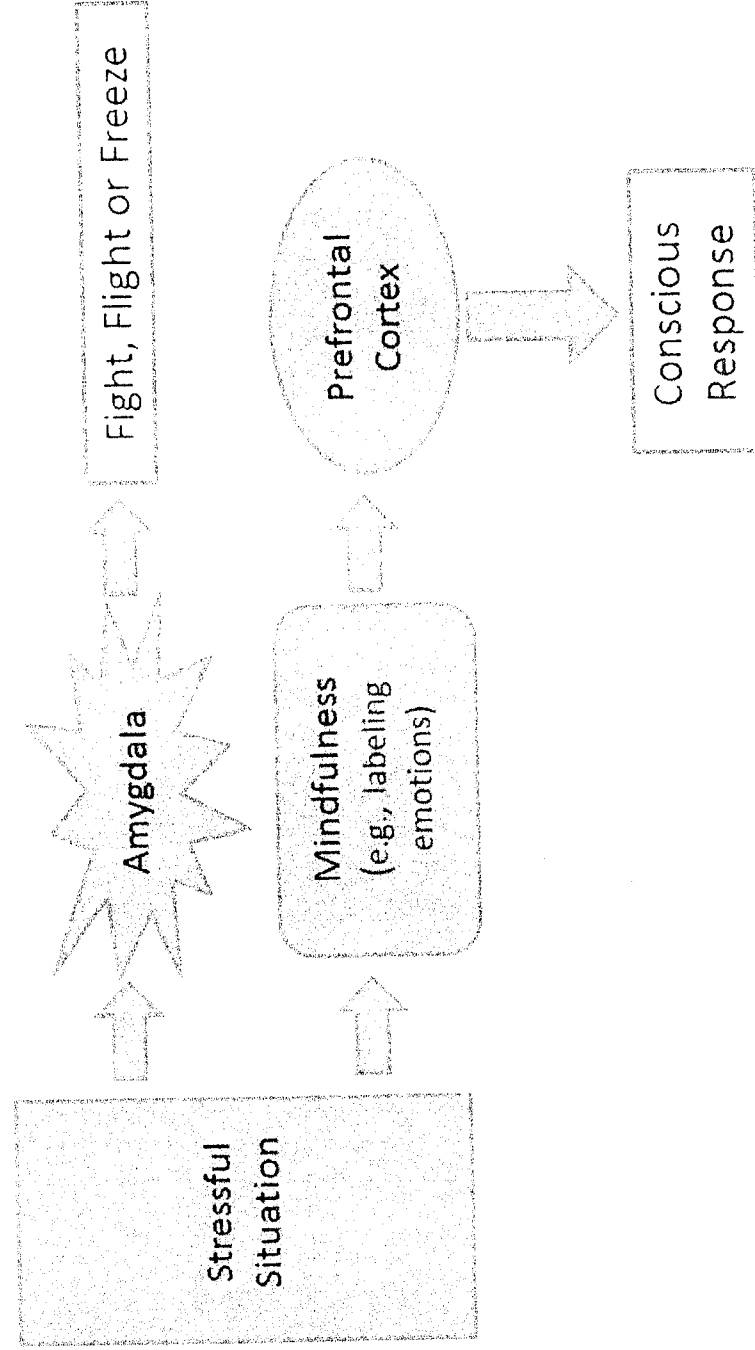
Other ideas.....

- Enhance self-esteem- promote them to problem solve and encourage problem solving strategies.
- Prepare for change- Children respond to YOUR presentation!
- Acknowledge feelings
- Use a security object (I use Warm Fuzzy's)
- Model good coping skills
- Use HUMOR
- Physical Activity
- Music
- Use a story
- Use MINDFULNESS



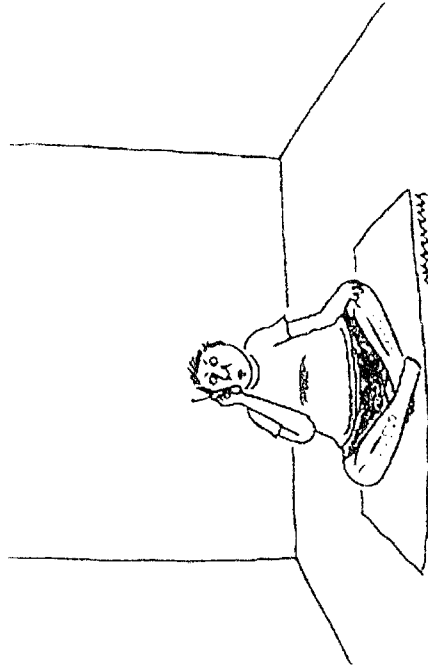
Brain Imaging Research-

Mindfulness engages prefrontal cortex, calms amygdala

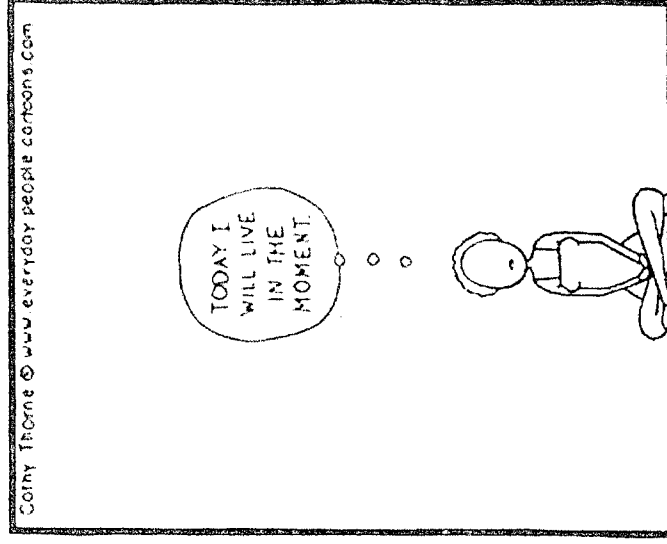


Adapted from The MindUp curriculum, 2011;
Lieberman et al., 2007

Slowing Down is Difficult



"Can I call you back, Ed? I'm in the moment here."



UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE.

Mindfulness Minute

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

- Calvin & Hobbes

