Wellness Workshop: Coping With Student Stress 2019

Guest Speaker: Katie Augustyn

* 7th and Junior year shows higher levels of stress for students nationally
* Perceived narrow pathway to success to a CPS selective enrollment high school
* There are usually two types of students that express ANIXETY
	+ Over performers: don’t have to ask to do homework, rigid thinking, inflexible
	+ Shutdown: hard to motivate, plays video games, etc.
* CDC showed that 2006-2016 suicide increased in an alarming rate for 10-17 year-old’s
* We know that lifestyle changes can help reduce anxiety
* Younger kids do not have fully developed frontal lobes and can’t think of the future always
* Chronic Sleep deprivation is a real thing in youth. 12-13-year-old’s needs about 9-11 hours.
* Tell kids sleep is nonnegotiable and set the importance of sleep now so when they are adults they have healthy sleeping habits
* Studies show taking pressure off of kids makes for better performance
* Pressuring kids does not lead to better results
* Physical touch helps sooths anxiety (light tap on shoulder)
* See your child and empathize with them
* Connect with your child
* 10 year-old’s don’t have the same brain development as an adult
* Separation anxiety is a symptom that sometimes is masking anxiety
* In 5th-8th graders, anxiety is often masked by irritability, emotional dysregulation, explosiveness
* Children will learn how to treat themselves by how they were treated
* If you shame children, then they will begin to shame themselves
* Keep taking it back to love
* Say “I love you so much and my number one job is to keep you safe and healthy so…..” as a way to help direct them
* Nutrition is very important
* Sugar is a substance
* Connection is very important
* Consequences don’t usually work to change behaviors; connection does
* Be firm, and they will learn to understand the tone
* Say “I can see this is hard, and I will help, but this is not up for discussion”
* Mediation is very helpful
* Just Breath Short Film and Go Zen Apps are good tools
* Reframe Parenting:
	+ Winning is not obedience
	+ Children are looking to parents for safe, loving and healthy relationships
	+ Don’t let your love be confused with performance and achievement
	+ Try to see how your kids are now
	+ Say “who you are is just right, right now AND your job is learning, let’s figure this out together.”
	+ Don’t shame a child for being a disappointment
	+ Teach them there is no growth without failure
	+ Don’t try to prevent kids from psychological immunity, give them strategies but don’t remove their obstacles
	+ Teach them grit