

Handling Back-to-School Stress

TIPS & ADVICE

Back-to-school season can be a challenging time for kids and parents, as the transition may cause additional stress. While back-to-school anxiety is a normal experience for many families, employing different coping strategies or tools can help ease some of the pressure.

Here are the strategies registered social worker Nicole Ward shared in this episode to help cope with back to school stress:

1. Normalize the feeling of anxiety
2. Talk about your previous back-to-school experiences
3. Validate your child's concerns surrounding back-to-school
4. Create a routine
5. Set expectations
6. Use grounding techniques
7. Try journaling or talking about how your child is feeling at bed time
8. Use breathing exercises or fidget toys when feeling stressed
9. Make a calendar with due-dates and extra-curricular activities
10. Join the Facebook or Instagram page for your school to help you stay updated on special events
11. Prioritize relaxation time for yourself

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