



STRESS AND THE BRAIN

WHERE DOES STRESS COME FROM?

Stress can come from inside our bodies, like being hungry. It also can come from outside, like being nervous if things don't feel safe.



We can't eliminate all stress and stress is not always bad. The key thing is keeping everyday stressors, such as doing homework, chores, going to bed, predictable and moderate. For example, set a time for homework and chores and a bedtime routine.

IS ALL STRESS BAD?

- When stress is moderate and predictable, children learn how to manage it.
- When stress is chronic, persistent, and severe, children can become less able to manage day to day expectations.

WHAT IS THE DIFFERENCE BETWEEN GOOD AND BAD STRESS?

WHY DOES STRESS MATTER?

HOW DOES STRESS AFFECT US?

We feel first and then we think.

When we feel stress, the **Red Zone** pattern can take over. It becomes hard to process or decide what to do. A teenager in the red zone might stomp off to their room, slam the door, and then put on loud music.



HOW DO I KNOW IF MY CHILD IS STRESSED?

Everyone has different experiences that shape their brains and their stress response pattern. Stress affects each child differently. When children feel unsafe, their stress response takes over. They might hide, fight, argue, or have a tantrum. When you see these things, children may need connection.

REFLECTION:

What type of stress does your child manage well, but might be hard for other children?