

Healthy Habits for Reducing Stress

The best way to cope with stress and build resilience is to help your child develop healthy habits.

- Encourage and provide opportunities for daily physical activity, playing or getting together with friends.
- Help them find and do activities or creative things they enjoy.
- Provide healthy food choices that include vegetables, fruit, protein, and whole grains. Try to limit processed foods (e.g., ice cream, sugary drinks).
- Encourage a healthy amount of sleep and a healthy sleep habits.
 - Consistent sleep schedule (e.g., wake up and go to bed the same time every day).
 - Calming bedtime activities (e.g., quiet music, books, no screens).
 - Regular routine (e.g., snack, bath or shower, brushing teeth, dim lights, calming activity, lights out).
- Help your child identify their stressors and learn ways to manage their stress. Ask your child:
 - What makes you feel stressed? (e.g., things, people, places, activities, sounds)
 - How do you know when you feel stressed?
 - How does your body feel when it's stressed?
 - What emotions do you feel? Where do you feel them?
 - How do you act?
 - What are three things you can do to help you feel better?



1-877-303-2642

Mental Health Help Line
Mental Health Support 24/7

1-800-668-6868

Kids Help Phone
www.KidsHelpPhone.ca

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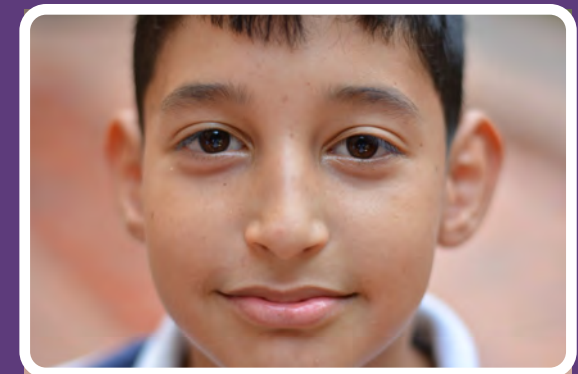
Produced by Mental Health Promotion & Illness Prevention
email: hpdip.mh.earlyid@ahs.ca

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Helping Your Child or Teen Prepare Emotionally for a Disaster or Emergency



Every parent hopes that their child never has to go through a disaster or emergency. But, it's likely that at some point your child will face some type of distressing event.

As a parent or caregiver, you can lower the impact of a disaster or emergency by making a disaster plan, modeling positive coping skills, and helping your child learn healthy and effective ways to cope with daily challenges.

Make a Plan

Being organized can help you and your child have a sense of control before, during, and after experiencing an emergency.

- Build a kit and make a plan together.
- Talk about the different types of disasters or emergencies (e.g., flood, fire, pandemic, power outage) and what everyone can do to safe when they happen.
- Practice your emergency plan (e.g., how to get out of the house, who to call, what to do in different situations).
- Talk about to do if you're not together when it happens and how you will connect with each other.

For more information about building your emergency kit, go to: www.alberta.ca/emergency-preparedness.aspx



Building Blocks for COPING Emotionally

Communicate and connect with others.

Help your child learn words to describe and talk about their feelings. Let them know that it's okay and healthy to share worries. Model and encourage positive communication skills like listening, accepting all feelings, resolving conflicts, and watching for body language and tone.

Optimism and a positive attitude help.

Plan regular family meals. Divide tasks so everyone is helping (e.g., preparing, serving, washing dishes). Talk about your day and name one positive thing and one challenge that happened and how you solved it or how you might try to solve it. This builds your child's ability to see things in a positive way and builds their self-esteem.

Participate in family and community events.

Doing things with others in your community can help you and your child build support networks. This gives you chances to give and receive help.

Identify stress.

Knowing your own stressors and stress reactions can help you cope better with stress. Learn and practice ways to reduce stress (e.g., breathing, listening to music, being active, being creative).

Nurture and support healthy emotional development.

Encourage your child to talk about their feelings. Accept all of their feelings, but help them learn to limit inappropriate behaviour. As they get older they can do this on their own (e.g., take a deep breath, count to 10, take a time out). Help your child understand empathy and learn problem-solving skills.

Getting help

Talk to your child about asking for help when they're feeling stressed or overwhelmed.

