

Understanding Stress and Anxiety: a Parent Guide to Support Positive Action

Children who learn to respond to stress in a healthy and constructive way early on, are more resilient and better able to cope with whatever life sends their way.

That is the *raison d'être* for the publication [Stress Lessons Parent's Guide](#) produced and shared by the Psychology Foundation of Canada www.psychologyfoundation.org This free resource aims to support parents and teachers of children in Grades 4-6, but the fundamental truths about stress, anxiety and our capacity to move from surviving to thriving are applicable for all ages. It is another of the important connections to the growing field of *self-regulation* awareness and action.

We know that stress is normal and we cope with it every day, often while maintaining good health and a positive, well-balanced outlook. However, too much stress in one area or too many stressors overall can lead to anxiety, pushing us into a state of dysregulation. That's where deeper understanding of neurophysiology can help and where effective/strategic interventions become difference makers. The [Stress Lessons](#) guide can be a useful resource to renew/refresh your thinking and your approaches to working with the young people who are counting on our support and guidance.