



APRIL 2021:
VOLUME 5

Important Dates:

April 2nd – Good Friday

April 7th – Training for Parents: Helping Identify and Manage Anxiety in Kids and Teens

5 STEPS TO HELP CHILDREN Cope with Stress
by Big Life Journal

- STEP 1: REFRAME STRESS**
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth. *Breath*
- STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET**
Help them look at the situation from a growth mindset perspective: it's not fixed, it can be improved, and they do have the power to influence the situation. *GROWTH*
- STEP 3: STOP CATASTROPHIC THINKING**
Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"
Caution: do not dismiss their worry!
- STEP 4: PRACTICE PROBLEM-SOLVING**
Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.
- STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES**
Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness. *Relax*

THRIVE IN THE HIVE: PARENT EDITION

Welcome to Thrive in the Hive: Parent Edition! Thrive in the Hive is a monthly mental health newsletter brought to you by **Access Counseling Services!** The goal of this newsletter is to provide you with education, interventions, and self-care tips in order for you and your children to take care of your mental health during a time when stressful changes are happening.

Effective Stress Management

As we hit the one-year mark of the shutdown due to COVID-19, some of us may be taking time to reflect on the last year and how varying levels of stress have impacted our lives. This may also open a window to acknowledge that stress and stressors (including the way that we manage both) may look very different than they did a year ago.

An important part of stress management is recognizing the difference between **stress** and **stressors**. A stressor is something that we experience (internally or externally) that activates a stress response in our body. External stressors are stressors that are put on us from outside sources and may include: responsibilities at school or work, a pandemic, or pressure from others. Internal stressors are stressors that come from within and may include: negative self-talk or negative self-criticism, comparing ourselves to others, insecurities, and/or unrealistic expectations of ourselves.



Stress is the neurological and physiological shift that happens when you encounter a stressor. When we experience stressors on a consistent basis we begin dealing with chronic stress. While we may not have control over the daily stressors that we



SHIFT FROM A "STRESS HURTS" TO A "STRESS HELPS" MINDSET



1. ACCEPT THAT YOU CAN'T PREVENT STRESS, STRESS IS AN OPPORTUNITY TO GROW.



2. SEEK TO UNDERSTAND YOUR CHILD'S STRESS, RATHER THAN DISMISS IT.



3. EXPLAIN THAT STRESS CAN BE GOOD WHEN YOU LEARN FROM IT.



4. HELP YOUR CHILD FIND AREAS OF GROWTH.

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

Parent Session Links:

Identifying and Managing Anxiety - Primary and Elementary

Apr 7, 2021 6:00 PM

[6pm Meeting Link](#)

Meeting ID: 958 2429 3862

Passcode: [wQ7435](#)

Identifying and Managing Anxiety- MJHS and MHS

Apr 7, 2021 6:30 PM

[6:30pm Meeting Link](#)

Meeting ID: 941 3604 3463

Passcode: [C3jMbK](#)

encounter, it is important to take time daily to focus on stress management to effectively manage stress. We can easily help our kids identify stress and stress management techniques to release the pressure and teach our children healthy stress management.

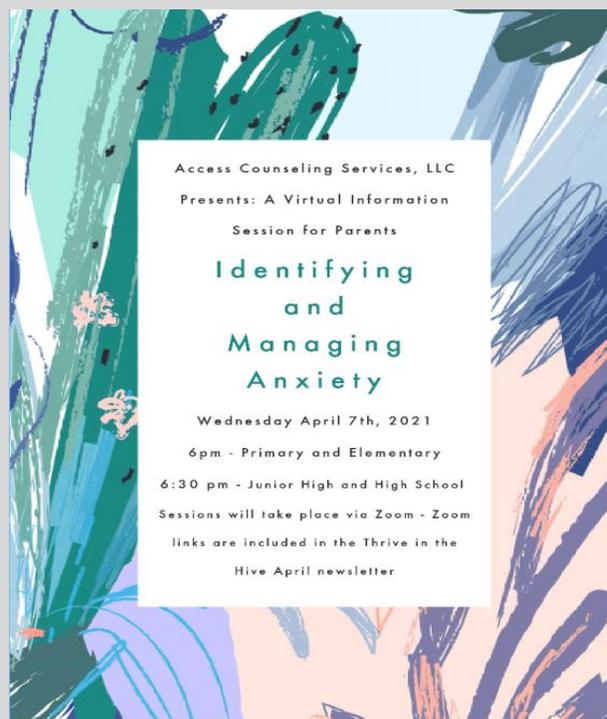
Here are five tips for you and your kids to help manage stress:

1. **Physical Activity.** Movement of the body can help move stress out of the body. Try different activities and find what movement works best for you!
2. **Slow Down.** Anytime you feel stress begin to build, slow down and take a few deep breaths. Deep breathing regulates the nervous system and promotes relaxation.
3. **Laugh.** Think of a time when you laughed uncontrollably and see if it makes you laugh. Watch a funny video or tell a funny joke to release stress.
4. **Accept Affection.** A hug from someone you trust releases oxytocin and helps to reduce stress.
5. **Get Creative.** Take the stressful feelings from inside and put it in a safe place outside of your body through painting, dancing, writing, singing, etc.

It is impossible to eliminate all stress from our lives. We can, however, effectively release the pressure that we feel from stress to avoid stress building to an unmanageable level.

Identifying and Managing Anxiety

Please join Access Counseling for an informational session geared towards parents on April 7th, 2021. The session will be held via zoom and will focus on Identifying and Managing Anxiety in children. Please see the attached invitation and the zoom links are listed in the margin to the left.





MLS Counseling Department

Amy Flora

- PS-1st Grade

Katrina Irons

- 2nd -6th Grade

Elizabeth Barger

- 7th-8th Grade

Sheryl Stenger (A-K)

- 9th-12th Grade

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- 9th-12th grade

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- 9th-12th Grade

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Link: **[MLS COUNSELING WEBSITE](#)**



Thank you for reading this month's edition of **THRIVE IN THE HIVE: Parent Edition** brought to you by **Access Counseling Services** and written by **Monroe's Mental Health Coordinator - Kaitlyn Armstrong, MSW, LSW.**

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