

# Stress Less, Live more !

A guide for learners and parents

## Counsellor's Newsletter



[https://twitter.com/zedge\\_nagpur/status/1056864977355788288](https://twitter.com/zedge_nagpur/status/1056864977355788288)

## IN THIS ISSUE

Understanding Stress

---

Self Regulation

---

Parental Support

---

Bibliography

Every day brings its own set of trials: from understanding each other's emotions, maintaining good friendships, planning for studying, accomplishing deadlines, examination pressure, scheduling a day for an important event at home – the list is endless! All these worries or challenges accumulate like an iceberg, looming large and overwhelming us. Despite our efforts to control it all by ourselves, as the image suggests, we end up feeling overburdened handling everything individually and our mental balance gets disturbed. It's no wonder we get stressed!

But each of us is sailing in the same boat. Our experiences might vary, but we all go through these situations, no matter how old we are or who we are! The intensity of the challenges or issues can differ, but it's impossible that someone can go through their entire life without worrying about something or the other.

# Self regulation for learners



<https://images.cartoonstock.com>

Can you relate with the above image? All of us have been through this situation of being under pressure. In today's fast paced world, we have seen learners struggling with many concerns since their childhood. The above image is just an example of an individual's time management skills, perspective and attitude. This is how some learners think during the end of the academic year, with exams looming on the horizon. Handling emotional issues like fear, expressing oneself, finding one's comfort zone, compounded with social issues like how to behave in different environments, understanding mannerisms and so on are all a surefire recipe for burnout. It's no wonder that learners today feel overwhelmed and anxious about every little thing. As adults, we find a way to handle such situations. But for young learners, it can be quite challenging. Hence, redirecting them towards a positive approach is necessary. Here, we share some grounding techniques for learners to practise individually and on a daily basis to manage their anxiousness effectively and in a timely manner.

### The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.

Acknowledge 5 things that you can see around you.

Acknowledge 4 things that you can touch around you.

Acknowledge 3 things that you can hear around you.

Acknowledge 2 things that you can smell around you.

Acknowledge 1 thing that you can taste around you.

#DeStressMonday DeStressMonday.org DE STRESS MONDAY

<https://www.mondaycampaigns.org>

### Techniques To Over Come Stress.

Identify sources of stress

Get moving

Manage your time better

Replace unhealthy coping strategies with healthy ones

Practice the 4 A of Stress management

Connect with others

www.mbatuts.com MBA TUTS @fb.com/mbatutorials

<https://webtechidea.com>

# How Can You Manage Your Stress



<https://thewrightinitiative.com>

## What can parents do?

Navigating the complexities of parenthood in today's rapidly changing world presents numerous challenges. Unlike in our own childhood, where expressing ourselves seemed simpler, every small action now carries significant implications for our children and their environment. Here are some concerns or causes of stress listed below:

## What Causes Stress?

- **Life Situations**  
School demands, family, friends, bullying, abuse
- **Environmental Stressors**  
unsafe neighborhood, weather, war, media (TV, internet), natural disasters
- **Biological Stressors**  
changes in body, injury, illness, disability
- **Cognitive Stressors (mental)**  
poor self-esteem, personal appearance, not fitting in
- **Personal Behavior Stressors**  
busy schedule, alcohol, drugs, relationship issues

### Common TEEN Stressors

- Schoolwork
- Money
- Peer pressure
- Juggling too many activities/responsibilities
- Low Self-Esteem
- Parents/getting along
- Relationships/dating
- Remarriage of a parent
- Divorce
- Serious illness/loss of loved one

<https://thewrightinitiative.com>

Understanding how parents can provide emotional and social support, as well as nurture problem-solving skills, is crucial. We need to be vigilant about some stress or anxiety-related changes without being overwhelmed by them or undervaluing our stress.

Children absorb through observation, so the way familial issues are resolved greatly influences their mental development. Problem solving and logical reasoning skills are honed through everyday experiences. Thus, prioritising a nurturing home environment where issues are addressed with care is imperative for effective child rearing. A concerted family effort towards fostering harmonious relationships and adopting a balanced approach is essential for cultivating a wise and resilient personality in children. Here are a few techniques that parents may find useful in supporting their children:

**THE 4 A'S OF STRESS MANAGEMENT**

<p><b>AVOID</b> <i>unnecessary stress</i></p> <ul style="list-style-type: none"><li>• Say "NO" to objects and situation that prevent you from doing your task</li><li>• Organize and manage your tasks</li></ul>	<p><b>ALTER</b> <i>the situation</i></p> <ul style="list-style-type: none"><li>• Make it positive</li><li>• Communicate your feelings openly</li><li>• Manage time better</li><li>• State limits in advance</li></ul>
<p><b>ADAPT</b> <i>to the stressor</i></p> <ul style="list-style-type: none"><li>• Adjust your standards</li><li>• Reframe the issue</li><li>• Look at the big picture</li></ul>	<p><b>ACCEPT</b> <i>the unchangeable</i></p> <ul style="list-style-type: none"><li>• Talk with someone</li><li>• Forgive</li><li>• Practice positive self-talk</li><li>• Learn from your mistakes</li></ul>

<https://twitter.com>

## How to Lower Stress as a Working Parent



<https://www.verywellfamily.com>

When it comes to stress management for learners – and everyone – it's essential to create a supportive environment that fosters resilience and coping mechanisms. Encourage open communication, where children feel comfortable expressing their feelings and concerns. Teach them relaxation techniques such as deep breathing, mindfulness or engaging in hobbies they enjoy. Establish healthy routines that include adequate sleep, nutritious meals and regular physical activity. Model positive coping strategies yourself, showing them how to handle stress in healthy ways. Lastly, provide plenty of love, encouragement and reassurance, emphasising that it's okay to ask for help when needed.

### A Final word

It's all about taking action and moving ahead. The environment and people around us can only suggest, but all of us have to consciously overcome the stress by choosing to make decisions to be happy by ourselves and for ourselves. It's not stress that kills us, it is our reaction to it. So, make your choices better!



<https://st2.depositphotos.com>

# Bibliography

Link for websites:

“Stress Related quotes- 2018”

[https://twitter.com/zedge\\_nagpur/status/1056864977355788288](https://twitter.com/zedge_nagpur/status/1056864977355788288)

“Cartoonstock - 2014”

[https://images.cartoonstock.com/lowres\\_800/children-school-schooling-revisions-revise-timetables-forn3698\\_low.jpg](https://images.cartoonstock.com/lowres_800/children-school-schooling-revisions-revise-timetables-forn3698_low.jpg)

“Monday campaign - 2020”

<https://www.mondaycampaigns.org/wp-content/uploads/2021/06/destress-monday-infographic-54321-grounding-technique.png>

“Techniques to overcome stress- 2023”

<https://webtechidea.com/wp-content/uploads/2020/10/exercise-daily-768x993.png>

“The wright initiative - 2024”

<https://thewrightinitiative.com/800/600/http/slideplayer.com/slide/6777186/23/images/24/How+Can+You+Manage+Your+Stress.jpg>

“The wright initiative - 2024”

[https://thewrightinitiative.com/800/600/http/images.slideplayer.com/24/7573713/slides/slide\\_6.jpg](https://thewrightinitiative.com/800/600/http/images.slideplayer.com/24/7573713/slides/slide_6.jpg)

“Happy wellness wednesday- 2020”

<https://twitter.com/MGCCUNCO/status/1303741386789879810>

“Stress relief tips for working parents - Verywell- 2024”

<https://www.verywell.com/stress-relief-tips-for-working-parents-5192480-1500x1000-Final-319f1a4284b2432a85f036213cf526d9.png>

“Taking action towards decisions- 2019”

[https://st2.depositphotos.com/1887135/9572/i/450/depositphotos\\_95727086-stock-photo-believe-in-yourself.jpg](https://st2.depositphotos.com/1887135/9572/i/450/depositphotos_95727086-stock-photo-believe-in-yourself.jpg)