



... for parents



## 6.1 THE STRESS DETECTIVES

### Knowing what situations stress you out

Your child has taken part in an OFF-TRAIL workshop on stress. They identified situations that can **cause stress** and **strategies** they can use to calm themselves.

### DID YOU KNOW?

The situations that cause stress are different for everyone. So, it's important that your child know what stresses them out, which will enable them to use strategies for calming down when these situations arise. Recognizing the sources of stress gradually leads to a search for solutions.

### NOW IT'S UP TO YOU!

Discussing these situations with your child can help develop healthy stress management strategies. You can:

- Ask your child how they feel
- Set an example by talking about your emotions
- Help them try out different ways to calm down

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