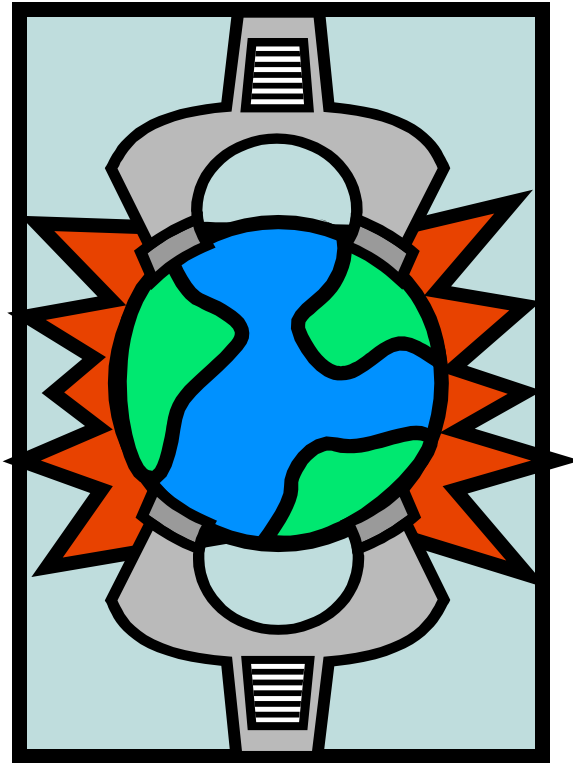


What to do for Stressed-Out Kids: Dealing with Stress and Perfectionism



Presented by

Carolyn Coil

Educational Consultant & Author
carolyncoil@comcast.net

Pieces of Learning, 1990 Market Road, Marion, IL 62959

1-800-729-5137

www.piecesoflearning.com www.carolyncoil.com

Recommended Resources by Carolyn Coil published by Pieces of Learning:

- √ *Becoming an Achiever*
- √ *Differentiation, RTI & Achievement: How They Work Together*
- √ *Encouraging Achievement*
- √ *Motivating Underachievers*

Social and Emotional Needs of Gifted Students (Meet the needs....Help the stress)

....Am I doing this right?

....Will I get a good grade on the test?

....Does anyone like me?

....Does anyone else think the same way I do?

....How am I ever going to get everything done?

....What happens if I make a mistake?

....What are they saying about me on Facebook?



Needs:

1. Acceptance and love for himself or herself, not just for how smart he/she is
2. Friends with similar interests and abilities
3. Enough activities to be motivated but not too many so as to be overwhelmed
4. Ability to learn and grow from mistakes
5. Self-confidence and self-acceptance so that bullying can be dealt with
6. To be challenged and excited by learning in school and outside of school
7. To have time and the opportunity to explore topics of special interest and time to do nothing at all
8. Development of independence with responsibility
9. To find coping strategies deal with stress and perfectionism
10. To understand what it means to be gifted

Small Group Discussion:

- *Which of the above seem most important to you/your children?*



Some Reasons For Increased Stress in Gifted Children

Pace of Life

More stress on parents

Rapid societal changes

More demands at home and school

Competition – Local and global

Pressure to succeed

Uncertainty




10 Ways to Help Your Children Cope With Stress

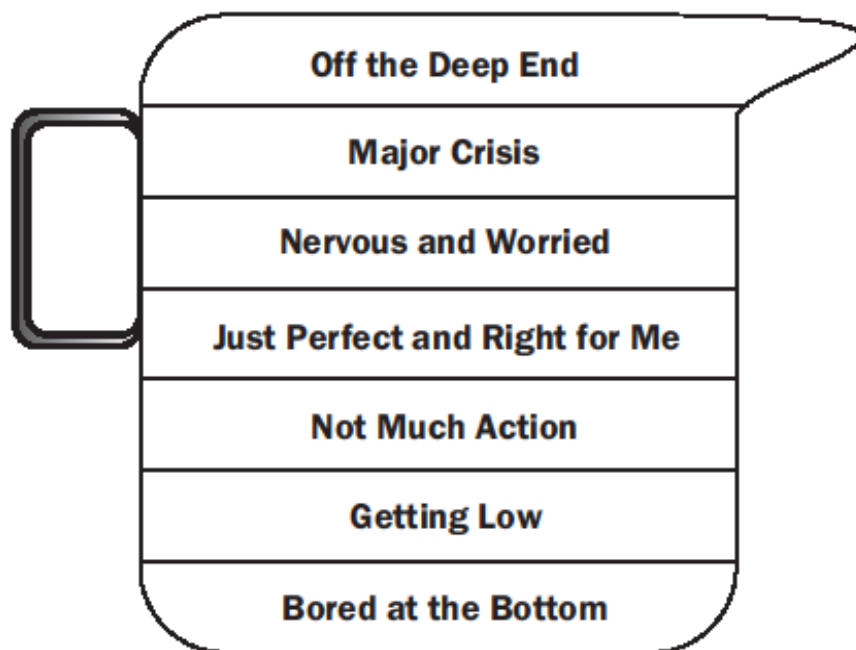
1. Teach them relaxation techniques that help reduce stress.
2. Use appropriate behavior management techniques.
3. Help them understand what stress is and what causes it. (Measuring Cup activity)
4. Find support systems to meet social, emotional and academic needs.
5. Help your children develop problem solving skills and relate these skills to their lives.
6. Use humor.
7. Praise your child for effort and persistence rather than for how smart or gifted he is.
8. Discourage perfectionism by telling about your own mistakes and failures.
9. Be careful about overloading your children with activities.
10. Turn off the television, video games, computers, smart phones, etc. at least one evening per week.

Remain informed and vigilant about things that are going on in your child's life both at school and outside of school. After a tragic or heartbreaking incident, many parents say that they were not aware of the problems their child was facing.


MEASURING YOUR STRESS LEVEL

 Use the measuring cup illustrated below to determine your level of stress. How much stress is just right for you? Are you feeling bored at the bottom or like you're overflowing off the deep end? **Mark your present stress level on the cup.**

No one stress level is right for everyone. Depending on where you are on the measuring cup, you may need to lower or raise your level of stress, either by slowing down or by adding more spark or excitement to your life. Some stress, called **eustress**, is good. It keeps you lively and alert. But too much stress, particularly bad stress or **distress**, is a killer according to medical experts. **Distress** or bad stress can be found at either level of the measuring cup. We all want to strive for the level that is JUST RIGHT.



STUDENT ACTIVITIES

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1. Mark your present stress level on the measuring cup.
 2. Discuss: What are some ways you know you are on this level?
 3. Is this a good level for you? _____ Why?
 4. Draw an arrow to show whether your stress level is stable, rising, or falling.
 5. Design and draw your own Stress Measurement Instrument. Indicate levels and give each level a creative but appropriate name. Mark your present stress level on your instrument. Draw an arrow in the direction you think your stress level is headed. Share with the class or a small group.