

# Supporting in Stressful Times

## What is Stress?

Stress is a **normal reaction** when challenges occur. Stress can make the body respond physically, mentally, or emotionally. Big and little stressors are important to help our children learn coping tools and skills, which builds **resilience**.

Your children will look to you for support and reassurance. **Listen** to your children when they share how they are feeling, **accept** how they feel, **support** where they are at.

Take care of yourself and your family! The basics are important – sleep, exercise and healthy eating.

Click here <https://youtu.be/VgYmIsYmUIU> for a video on understanding mental health terms.

## Stress Explained: Video Series

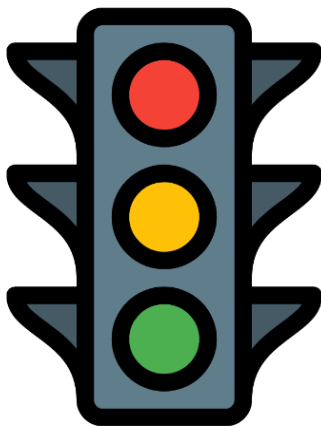
For elementary students:

[link: <https://www.youtube.com/watch?v=k8FiAxAgqYE>]

For junior high students to adults:

[link: <https://youtu.be/jHjkEfwfEC0>]

## When to Get Help



### STOP & GET HELP

- Thoughts of self-harm/suicide, excessive mood swings, threat to others, disoriented

### PAUSE & SUPPORT

- Change in eating or sleeping habits, loss of interest in activities, isolating

### GO & MAINTAIN

- Normal moods, typical sleep patterns, engaged in activities, playing with friends

## Where to Get Help

### AHS Resources:

AHS Mental Health Helpline | 1-877-303-2642

Community Resources and Supports | Call 211

AHS Help in Tough Times Complete Support List

<https://www.albertahealthservices.ca/amh/page16759.aspx>

Access Mental Health

<https://www.albertahealthservices.ca/services/Page11443.aspx>

### School Resources:

Please contact your school administrator, school counsellor, school support worker or DLCT for resources or support.