

# Instant Stress Relief For Kids



What Every Adult Wishes They  
Had Been Taught About Stress

Instant Stress Relief For Kids □

Introduction For Parents,  
Caregivers, Teachers  
and Counselors



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## **WELCOME!**

*Congratulations on your wisdom in purchasing this book.*

*Every child can benefit from this program.* Our mission is to help children from a young age to acquire the knowledge and skills it takes to combat stress and anxiety, to handle their fears and worries and manage their anger appropriately.

This is a proactive program that alters the course of many children's lives. We know that when these lessons are taught early we are able to help children to lead happier and healthier lives. Children's confidence builds so they may feel comfortable trying new things and exploring and challenging themselves.

If the children would like to do the program alone, there are exercises in each chapter to follow. There is a Guidebook included to help parents, caregivers and teachers contribute along the way.

Parents tell us that they find the book in every room in the house and that the program is revisited time and time again by the children. Children like having a book of their own that they can read in private. Parents say that they learn right along with the kids and it is not only educational, but fun for the entire family.

Teachers report that the missing link with most programs, is that the child does not have the support of the entire family. This is by far the best way to get long-lasting results. This program enriches the quality of life of all the members of the family through better communication and promotes a more peaceful, harmonious environment not only at home, but in the classroom as well.

*\*\*Separate the Introduction and Guidebook from the Stress Manual.*

## THE PROS' ADVICE TO PARENTS

You are your children's role model. You are the person he or she observes day in and day out. Your character—as well as your example—has a tremendous amount of influence. Your vision of your children's future is also a major contributor to their success or failure. It is extremely important that you believe in their success. If you believe in them, chances are they will believe in themselves. Keep your expectations of your children high, yet reachable. Every child deserves to hear these words: “You have talents that we need to discover that make you very special. You have the ability to make your life whatever you choose.”

Seeing that your children work hard and get a quality education should be your #1 goal. Education is the best road to your children's success. Ask your peers if their parents told them they could accomplish anything in life to which they put their minds. Ask them how it made them feel and how it affected the outcome. Low expectations can lead to low self-confidence, which leads to underachievement.

- Many children come to us feeling that they are entitled to everything they get, and more. Teach your children to be grateful and that everything that they receive beyond food, shelter, clothing and education, is a gift. Teach your children appreciation.
- Children need to know that they will be held accountable for their actions. There must be a consequence for mistakes that they make so that they can learn from their experiences. We know that parents find this difficult, especially when their time with the children is limited due to work schedules. However, you will be doing them a great disservice by not teaching them the importance of this lesson.
- Children need rules and discipline. They need to know where the boundaries are. They do best when you set limits and they know what is expected of them. Make sure that the boundaries are **age-appropriate**. Many parents will let their children do things because the other kids are doing it, or they will say, “That's what kids do now.” That may be true, but your

children's welfare is your first priority.

- Children need to respect their parents' wishes, and parents need to be respectful to children. You show children respect when you ask their opinion. They in turn will value your attention to their ideas. Children are people, and they need to know that they can contribute and that what they say is important.
- Children need to make a contribution to the entire family unit. They need to have assigned chores and need to know that their effort is appreciated and important. Children learn a great deal from these lessons not only how to take care of themselves but also what their contribution means to the family. They will learn how to work as a team and what can be accomplished if everyone works together.
- Children need consistency with parenting. Try to make sure that the punishment fits the crime. Work out disagreements in private with your partner before dispensing discipline for misbehavior. Always present a unified front.
- Children need to feel that they can trust their parents. If they can't trust their parents to keep their word, or to follow through with what they say they are going to do, or live up to what they say is important, then it is difficult for children to feel loved and be trustworthy themselves.
- Children need unconditional love. They need to know that you will love them through the good times and the bad. Children cannot get too much love and affection.

## **A WORD ABOUT DIVORCE**

- Children need to know that divorce is not their fault. They need to know that they did not cause the divorce nor can they fix your marriage.
- Children will either try to be perfect, or they will try to get your attention by not doing well at school. They may even get in more trouble than usual.
- Children are usually very upset over divorce even though they may know that their parents were not getting along. Their whole world is upside down.
- Children feel angry, sad and fearful.
- Children may need to talk to someone other than their parents. You may want to consider counseling to help them adjust and deal with their feelings of loss and confusion.
- Children need to know that you love them even though you may not be in love with each other. They need reassurance that they are loved. That does not mean showering them with gifts and privileges they do not earn.
- Children should not be involved in any disputes that arise between you. You should not say nasty things about each other in the presence of your children. Don't put your children in the middle. Children gain nothing from negativity.
- Make an agreement between you and your ex that you will not engage in this behavior for the welfare of your children.

- Give your children the **gift** of feeling safe, loved and comforted during this difficult experience. Put your children's well-being above your own. Remember, if this is difficult for you, imagine how difficult it is for your children.
- The tools you learn in this program will be invaluable for your children, as well as yourself to help you deal with the emotional upset that occurs with divorce.

## **METHODS TO KEEP A CHILD'S STRESS LEVEL DOWN AT HOME**

Remember when you were a child and you were faced with taking a test, speaking in public, making friends, handling disappointment, being teased, or pleasing your parents or teachers? The stress you felt was scary and uncomfortable because you did not understand your feelings or know how to handle them. Many children have turned to drugs or alcohol to help deal with these feelings. That is why this program is a must for all children. We need to teach them while they are at an age when they are receptive to learning these skills. We cannot wait until they are already in trouble.

- **Help them to feel safe.** This is crucial, especially with the incredible amount of stressors in a child's life due to social rigors and "lockdowns" in school and unsafe situations in the world today. The way you can achieve a state of feeling safe is to keep things consistent and predictable. Keep a routine with your child. It is very comforting to a child to know what is coming and what is expected of him. When the child asks questions, always answer the best you can and do not ignore his question. Don't give him more information than he asks for and make sure that it is **age-appropriate**. This not only makes the child feel safe, but it also opens communication between child and parent. It is important that the child knows he can ask you questions about things that are frightening to him. He sees and experiences situations during the course of his day that are scary, and he needs to have a "safe person" to talk to at all times.
- **Manage your time with your family.** When you take your child to the mall or to his or her soccer game and you have time together alone, make it special. Do not spend your precious time together on the cell phone ignoring your child. Nothing should come before your child. He/she should be the most important focus in your life, and should be treated the way you would like to be treated in the same situation: with respect. You should be there to listen, share and give guidance at all times.

- **Keep the family life organized and planned.** Try to keep an even pace in the home. Sometimes life gets too busy, and you need to think about the consequences of these choices on the entire family, as well as on yourself. You are their role model. There is a lot of pressure to enroll your child in all kinds of activities. The best thing you can do for your child is to keep some personal time for him or her, so they can just relax without the pressure of performing. Parents always say that they are trying to give their children opportunities, but to a child it can be very overwhelming. Your goal is to keep your child's life in balance. Find time for him to ride a bike or visit with his friends and "chill out." Television and computers should not be used as a babysitter, but rather for learning or entertainment on a limited basis. They should not be permitted in a child's bedroom.

You should make sure that your child is prepared ahead for the next day. Make sure that his homework is done, he has studied for a test, he has practiced for his play, his backpack is in order, his lunch is ready, and his clothes are ready for the next day. He should have a nourishing breakfast after a good night's sleep. Keeping a quiet start to a day is the key to a less stressful day for the entire family.

- **Make time to play.** Board games are a great way for a family to have fun and connect with each other. Declare a "family day" and do fun things like a picnic in the park together, boating, seeing a movie and having dinner. Have one of the children choose what to do for the day. Each child can have his turn. This is a good time to teach compromise.
- **Have an assigned mealtime.** Mealtime is when the entire family can have time together to interact and feel the support of each other. When our lives are hectic, we lose track of how important this time is. This is the time when a family can bond together instead of feeling like strangers living in the same house. This is not a time to discipline a child but to discuss the child's day, vacation plans, fun school activities, family news and even disappointments.

## **THE PROS ANSWER THE MOST FREQUENTLY ASKED QUESTIONS KIDS ASK ABOUT THERAPY**

### ***Do I need therapy?***

This program is designed to help you learn about the symptoms of too much stress, anxiety, worry, fear and anger and how to use *Instant Stress Relief* tools to handle them effectively. If you feel that these tools are not enough to control your feelings or if you would like to speak to someone privately, you may want to consider talking with a therapist or counselor.

If you ever feel that you want to hurt yourself or someone else physically, you should tell someone immediately about your feelings. If you have no one to tell, you should go to the nearest emergency room and someone will help you.

Sometimes kids need to use medication. You will be sent to a doctor who will decide whether medication can help you. Medication is not needed very often, but if it is, it may help someone feel better in a short amount of time.

Many times kids are sent to our practice because they are having difficulty learning. We test them to see what is causing the problem. Sometimes it is because they are sad or anxious that they are not doing well in school, and other times it is because they may have a learning problem. We help the teachers and parents figure out what is wrong so that the child will feel better and be more successful in school.

Sometimes kids don't know that they don't feel well. Their doctor, teacher or parent may feel that they need someone to talk to. Kids can do very well if they work with the counselor so they can identify their problem and learn how to fix it. The kids who try hard get the best results and feel better sooner.

### ***What is it like to go to therapy?***

You will find that it is like talking to a friend. It is a special time where you will have someone's total attention for 45 minutes. A good therapist or counselor will help you find your way through your feelings. They will help you to understand what is causing these feelings and motivate you to **Take Action Today!**

Usually short-term individual therapy can last anywhere from 1 to 6 visits. You will find that it is not as big a commitment as you may think. Group therapy is also available at many practices. Sharing your feelings with others who have experiences like yours can give you added support and confidence.

***Will my therapy be confidential?***

Therapists are not allowed to tell anyone that you are a patient. If you are over a certain age, depending on the laws governing your state, the therapist has to ask your permission to speak to anyone about your therapy, even your parents, except if you are in danger of hurting yourself, hurting someone else or you are being hurt by someone.

***Do only weak people go to therapy?***

Only **strong** people go to therapy. This shows that you know that you need help and that you are willing to make your life better.

***I am in therapy now. How can The Instant Stress Relief program help me?***

This program will help you learn about stress, and it will give you some skills that you and your therapist can practice together. Also, your therapist will be a great help in answering any questions that you may have.

***Will my therapist know these techniques?***

Yes, all therapists teach the same techniques. Many therapists recommend this program to patients so that they can continue to practice the skills that they learned.

***I have been thinking about therapy, but it is probably too expensive.***

There are counselors at many schools whose services are free, and you can also go to a practice in your community that accepts your insurance. If they do not, some therapists will reduce the fee according to your financial ability.

## A Personal Message From Cris,

I am a good mother. When I look back on the job, as a parent I did I realize I tried my best, but **I could have done a lot better**. I just winged it. My parenting skills were an accumulation of my life's experiences and observations.

I spent a great deal of my time and money supporting them in school and activities, which included basketball, hockey, dance, gymnastics, baseball, softball, track, cheerleading, and theater. What I didn't teach them about was something I had very little knowledge of: **STRESS RESILIENCY**. I come from a long line of anxious people. I never gave it much thought until I was in my mid-thirties and realized how hard everything seemed to be for me compared to other people. I would worry and stress over things that others wouldn't. I never challenged myself and liked to live in my comfort zone. I was afraid of failure and rejection.

This program is designed by professionals to teach children how to conquer stress and excel in a world filled with obstacles and roadblocks. This roadmap will get them on the fast track to success, with less resistance, struggle and pain. I have worked with more than 60 therapists over the course of 20 years. I have seen kids transform from anxious and depressed to calm and happy with their help.

Because of this program you will look back on the job you did with your children and say to yourself, "I gave my children **every opportunity** to learn the skills that they need to be happy, healthy and successful. I gave my children one of the most valuable things a parent can give them, an opportunity to live life to its fullest and have the confidence and the tools to go for it!" **That is a great parent!**

*"A mother's mission is to protect her children."*

*Cris Sorel*  
Co-author

**Mirror, Mirror on the Wall  
Who Is The Biggest Copycat of All?**

Your children, family and friends are the biggest copycat of all. Yes. You have that much impact on their behavior. How many times have you heard people say that your child, family member or friend acts like you? How many times have you heard your words come out of their mouths? They spend most of their day observing your habits and behaviors. The truth is that they know you better than you do.

If you want the people you care about to not drink, smoke, take drugs, steal, procrastinate, slack off , eat unhealthy food, then STOP. If you want them to be hardworking, kind, generous, confident and joyful, show them how it is done.

Take a moment and think about the legacy you are creating.

## **Younger Children Need Help Too!**

According to the American Psychological Association, the younger the child starts to learn these techniques the better. In order to help you identify these stresses in your child/children we have designed simple worksheets and exercises especially for them. They are located in Appendix A.

It is important that you guide your child/children to age appropriate lessons in the book. Every child has his/her own level of cognitive ability regardless of their age.

*You play an important role as their stress relief guide.*

### **Instant Stress Relief For Teens' Edition** ***(Only available when Kids' Manual is purchased.)***

This edition teaches how to recognize unhealthy thinking and gives kids the techniques they need to transform their negative thinking into positive thoughts and actions.

Craig Darby, a retired athlete helps kids learn how to get the mental advantage to excel in life with the same stress and performance techniques he used to get himself to the top of his game in the NHL.

They learn with Craig's guidance how to set and reach their goals. Craig is an inspiration for all children that dreams can come true if you follow this action plan.

Visit our website at [www.StressReliefForKids.com](http://www.StressReliefForKids.com) or email [StressCoachCarey@gmail.com](mailto:StressCoachCarey@gmail.com) with any questions you may have.

