Stress in childhood

There is a greater focus on childhood stress these days, perhaps, in part, due to the social effects of electronic media. In this edition, we look at how kids experience stress, the link between stress and school refusal, and ways of managing the load through resilience-building and mindfulness meditation.

How kids experience stress

While stress is an unavoidable part of life, toxic levels can damage a child’s development, says Jasmina Rowe from Kids Helpline. Here are the main stressors faced by today’s young people and her tips for identifying and minimising the impact. Read more

Building resilience to cope with stress

What does resilience look like exactly? And can it be used to reduce or even protect against childhood stress?

Community psychologist, Dr Lyn O’Grady, puts resilience in its place and tells us which protective factors can make for less-stressed kids. Read more

Managing stress through mindfulness

Mindfulness meditation is practical, easy to do, and can actually retrain children’s brains to better deal with stress.

Dr Richard Chambers, an architect of the Smiling Mind Mindfulness Meditation program, tells us more. Read more
Stress and school refusal

When it comes to ‘school refusal’ – when a child becomes severely upset about attending school – stress is one of the leading causes. Psychologist, Amanda Dudley, outlines some pointers for schools and professionals to help kids calm down and get them back to learning. Read more

Free counselling for schools

Understanding school refusal

Mindfulness meditation app

Andrew Fuller: Preparing for tests

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