



Recognizing Stress

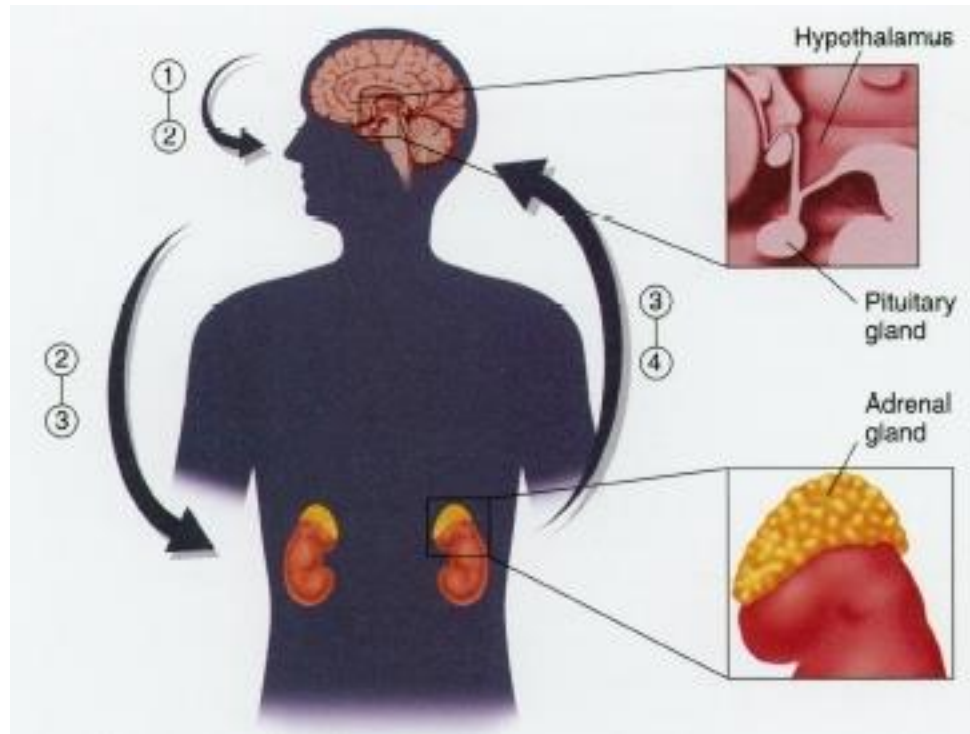
Tammie Shelton, M.Ed., L.P.C.
Cook Children's Medical Center

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Body's Stress Response



Common Signs of Stress



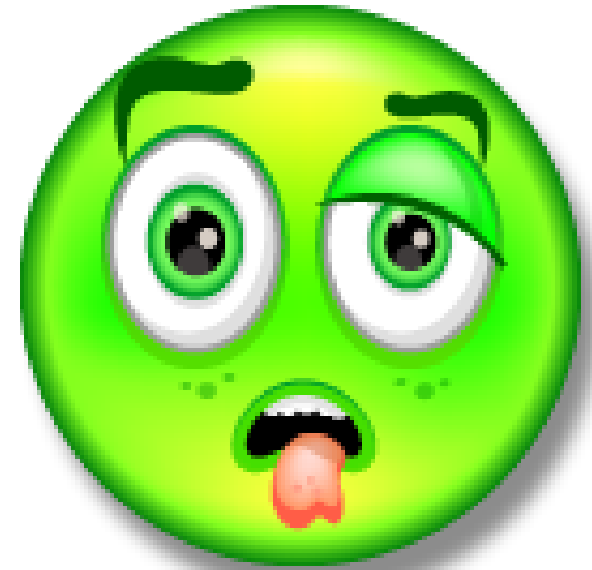
- Irritability
- Overly Emotional
- Sleep disturbances
- Acting out behaviors
- Falling grades
- General unhappiness
- Lack of energy



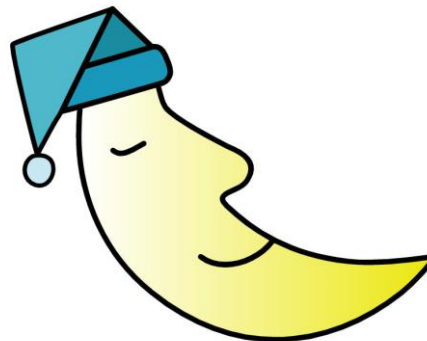
Negative Coping Strategies



- Over-eating
- Not exercising
- Staying up all night
- Negative thinking
- Isolation
- Drugs, alcohol, etc



Positive Coping Strategies



Source



- Ginsburg, K, & Kinsman, S., (Eds.). (2014). *Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development*. Elk Grove Village, IL: American Academy of Pediatrics.



Cook Children's Behavioral Health



- Cook Children's Psychology Clinic
- Cook Children's Psychiatry Clinic
- PHP (Ages 6-17)
- Inpatient Psych Unit (Ages 2-12)

- Call Intake Department for all behavioral health needs. 682-885-3917

