

Navigating Children and Adolescents Through Stressful Events



In recent years, there has been an increase in mental health emergencies among children and adolescents due to stressful world events such as school shootings, racial trauma, climate change, and increased violence in social media. It's important for adults to recognize signs of distress in children and adolescents. We also need skills to help children and adolescents through crises.

Because children and adolescents often do not have the language skills to share their feelings, they may show their distress through changes in behaviors that may signal stress, like:

- Physical discomfort (headache, stomach ache)
- Social isolation
- Academic problems
- Worry/Irritability
- Eating or sleeping too little or too much
- Crying/Clingy
- Reduced interest in activities once enjoyed

Adults can help children and adolescents to navigate crisis by:

1. Creating a culture of conversation at home. Focus on the four W's (Who, What, When, Where)
2. Being calm
3. Connecting with your community for support
4. Setting or discussing boundaries on social media
5. Scheduling self-care for both adults and children/adolescents
6. Keeping a routine that meets physical, emotional, social, mental, and spiritual needs

Things to remember:

- Prioritize self-care for yourselves as adults. If we do not take care of ourselves, we can't take care of our children and adolescents. Rest is productive and gives us the bandwidth to deal with stressors. It gives us the resilience we need to navigate our children through stressful events.
- Remember that our identities as adults, as well as our children's identities, impact how we process stressful world events. We may not all respond the same way.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR code to get started or visit my.modernhealth.com.



Modern Health Resources

We encourage you to take time for yourself throughout the day and use these free resources that come with your access to Modern Health that may help.



Get One-On-One Support

Modern Health can connect you with a certified coach or a licensed therapist to help you address your needs. You can expect them to collaborate with you to develop a plan to address your stress and tools to navigate this experience moving forward.



Self-Guided Programs and Courses

If you prefer self-paced content, check out our various digital resources, including our:

- [Parenting-focused digital resources](#)
- [Resources focused on reducing stress](#)
- [Skills for Navigating Intense Emotions course](#)



Guided Meditations

Modern Health also has short, guided meditations to give you a moment to find calm in your mind on topics such as:

- Stress & Anxiety Meditations (2-10 minutes)
- Mindful Breathing for Kids (2 minutes)



Join a Circle

Join a Circle, a live or pre-recorded group session led by a Modern Health provider, to learn Foundations of Mental Health as well as best practices that both parents and children can use, including Facing Difficulties (two-part series).



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR code to get started or visit my.modernhealth.com.

