

NORMAL STRESS OR SOMETHING MORE?

A parent-friendly guide to knowing when your child may need extra support.

All kids feel stress sometimes. The key question is whether the stress comes and goes — or begins to interfere with sleep, school, friendships, and daily life.



USUALLY NORMAL STRESS



Feels nervous before a test, game, or social situation.



Has occasional friendship drama or a rough day.



Bounces back after rest, reassurance, or time.



Still enjoys favorite activities most days.



Sleeps and eats fairly normally.



Can usually get through school and daily routines.



MAY NEED MORE SUPPORT



Worry feels constant, intense, or hard to control.



Avoids school, friends, or activities.



Has frequent stomachaches, headaches, or trouble sleeping.



Cries often, shuts down, or seems overwhelmed.



Needs repeated reassurance again and again.



Stress is affecting learning, friendships, or daily life.

WHEN TO REACH OUT



- ♥ If the stress lasts for weeks instead of days.
- ♥ If your child seems stuck or is not bouncing back.
- ♥ If school attendance, sleep, or appetite are changing.
- ♥ If your gut tells you they need extra support.



WHAT HELPS



Stay calm
and steady.



Listen before
you fix.



Name the
feeling.



Take one small
next step.

Mentoring With Heart ♥

Mentor, not monitor

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