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Kids Help For  
Children To  
Cope With  
Stress Anxiety  
Transitions  
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By Lawrence E  
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parents wind down  
children also get the  
chance to relax'

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techniques to  
children at an early

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stress anxiety amp  
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lee jolene campbell  
amp kaleigh  
rey' 'relaxation  
skills for anxiety

May 30th, 2020 - with  
stress and worry  
levels of anxiety and  
tension bee higher  
over time 1 find a  
relaxation exercise  
that you can practice  
daily or multiple  
times per week  
examples are  
progressive muscle  
relaxation yoga  
mindfulness and deep  
breathing 2 adjust  
your lifestyle to  
make it less busy  
hectic and rushed 3'  
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feel upset their kids  
may be anxious and  
when parents wind  
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stressed it can  
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to help you and your  
child replace  
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feelings with  
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'stress bstrong  
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it is a normal  
reaction a it happens  
to us all in  
situations we find  
stressful at times of  
threat and  
uncertainty or when  
we have taken on too  
much a stress can be  
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