

This month we are going to explore how to help our kids “frame” stress. I have deliberately made this similar to the one I put together for parents. Reason being - the focus can be the same, but of course our roles in helping kids “frame” stress are vastly different. I encourage you to check out the parents M.A.P. as well as the players to get a sense of how they all fit together.

[Click through the PDF](#)....and check out these links (I also include them in the PDF)

- Here is an awesome article about arousal and anxiety using a popular graph showing when and why arousal goes to anxiety
 - <http://www.mindtools.com/pages/article/inverted-u.htm>

- Here is a fun look at my analogy for anxiety and arousal as it relates to a popular game on the Price is Right...silly yes....entertaining...for sure!!
 - All participants are excited (and remain so if he doesn't fall off the cliff) as the climber climbs

 - BUT ...once he appears to fall off and does...yikes...anxiety -

 - ...Poor cliffhanger (and their contestants) ...too much anxiety!