



**Heads Up Kentucky**  
Psychology Promotes Healthy Living

**What is Heads Up Kentucky?**

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

**About the KPA Foundation**

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at [www.kpa.org](http://www.kpa.org)

**Kentucky Psychological Association Foundation**

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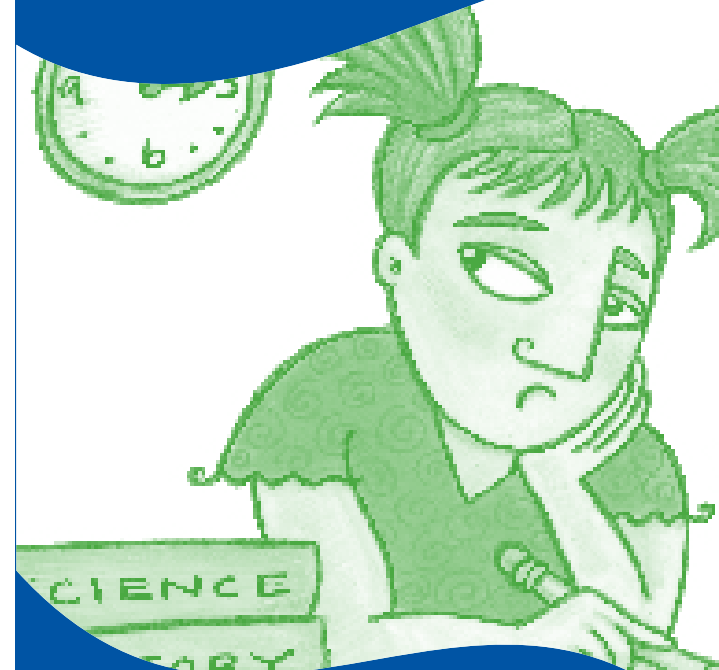


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# Coping with Stress



# KID ZONE

Presented by  
**THE KENTUCKY PSYCHOLOGICAL  
ASSOCIATION FOUNDATION**

# Kids Have Stress Too!

## *What is Stress?*

Stress is when your body gets worked up because of something that happens around you. Your heart beats faster, your hands feel sweaty, your muscles feel tense, and you feel worried or scared. Sometimes stress can be healthy and helpful, because it gives you energy to do things you may not want to do, like study for a test. Stress is bad when kids feel “stressed-out” a lot of the time.

## *Why is being stressed a problem?*

Stress causes problems with:

- focusing on schoolwork.
- feelings like being sad, worried or grumpy.
- your body, like making you feel tired, sick or not wanting to eat.
- getting along with others, like family, teachers or other kids.

## *What makes kids stressed?*

People are different so they might feel stressed about different things.

### **Kids get stressed about:**

- getting ready for a hard test or having bad report cards.
- not getting along or fighting with other kids.
- parents yelling, splitting up, worrying about money, or not paying attention.
- moving to a new place or a new school.
- someone you love moving away or dying.

### *How do I know if I am stressed?*

- Check your body. Your stomach or head may hurt. The muscles in your neck or shoulders might feel tight.
- Check your behavior. You may lose your temper and get mad at other people very easily. You may want to be left alone.
- Check your thoughts. You may spend a lot of time thinking about things that make you worried, sad, or mad. This makes it hard to pay attention to other important things.

### *How can I get rid of stress?*

- The bad news is it can be really hard to make stress go away for good, because things are always going to happen to make us feel upset, worried, or “stressed out”.
- The good news is that there are lots of things you can do to control stress so it doesn’t control you.

### *What can kids do to deal with stress?*

- Learn about stress and how it affects you.
  - Figure out what is making you feel stressed.
  - Change it if you can. Get help from an adult if you need to.
  - Talk about your stress. Stress feels worse if you try to keep it to yourself.
  - Do something active like riding a bike or playing with friends.

- Work on relaxing everyday, like after school or before bedtime. Practicing when you’re not so stressed will make it easier to relax when you are stressed.

### *What can parents do to help their kids?*

- Make relaxation a part of your daily routine, because your child learns by watching you.
- Spend time with your child to allow more opportunities to talk about stress-related problems.
- Establish predictable routines, especially around mealtime and bedtime.
- Reduce your child’s exposure to stressors in the home, like marital conflict, finances, and other adult-related concerns.
- Seek professional help for marital and personal problems that may be contributing to your child’s stress.

### *An important note to kids and parents:*

Sometimes stress can create real problems in everyday life. If you are having trouble feeling better on your own or if you have been feeling very stressed for a few months or more, you can talk to a psychologist, who will help you learn ways to feel better.

### *For more information:*

Heads Up Kentucky: [www.headsupkentucky.org](http://www.headsupkentucky.org)  
Indigo Dreams: Meditation and Relaxation Bedtime Stories for Children, Improve, Sleep, Manage Stress and Anxiety by Lori Lite (2004).  
Keys to Parenting Your Anxious Child by Katharina Manassis (1996)  
Stress Can Really Get on Your Nerves by Trevor Romain and Elizabeth Verdick (2000)  
<http://www.kidshealth.org>

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at [www.headsupkentucky.org](http://www.headsupkentucky.org).

