

# Stress in Children Matters

## It's tough being a child these days

Children today are being asked to cope with an unprecedented amount of stress. Whilst children are resilient, at some point they may suffer from toxic stress overload which can impact their learning, sleep, eating and relationships. In this session, we will discuss stress from a child's perspective. We will talk about short term and long term effects of unregulated stress on the developing brain. We will also talk about using the bond between children and their healthy adults to combat stress. Finally, we will discuss how to build healthy habits in youth that they will carry into adulthood for happier, healthier lives.

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## Session Outline

- Redefining stress
- Childhood pressures
- How stress shows up in children
- Using healthy relationships to combat super stress
- Coping mechanisms
- Developing healthy habits for a lifetime

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.