



Tool	Research (articles, websites and/or journals)
<b>“Toolbox” of coping skills</b>	“Coping skills in childhood are linked to future psychological adjustment, particularly related to common daily stressors (Rutter, 1994). Dubow and Tisak (1989) demonstrate that a “toolbox” of coping skills can influence young children’s responses to negative events. Daily hassles, defined as the “irritating, frustrating, distressing demands that to some degree characterize everyday transactions with the environment” (Kanner, 1981, p.3) have been identified as perhaps even stronger predictors of well-being than stressful life events (Lazarus & Folkman, 1984) so access to coping skills to alleviate the impact of these events is paramount.” <a href="https://trace.tennessee.edu/cgi/viewcontent.cgi?article=6345&amp;context=utk_graddiss">https://trace.tennessee.edu/cgi/viewcontent.cgi?article=6345&amp;context=utk_graddiss</a>
<b>Stress Balls/ Putty</b>	<a href="#">4 Benefits of Stress Balls for Children</a>
<b>Stimulating your vagus nerve to reduce stress and anxiety</b>	<a href="#">Vagus Nerve Article to Reduce Stress</a> “By stimulating the vagus nerve, you can send a message to your body that it’s time to relax and de-stress, which leads to long-term improvements in mood, wellbeing and resilience.”
<b>Fidgets</b>	<a href="#">Fidgets may reduce stress for children</a> <a href="#">Letting children with ADHD fidget</a> <a href="#">Fidget toys to relieve stress and anxiety</a> “ <a href="#">Fidgets</a> embody an enduring phenomenon that nearly everyone uses at some point – just watch your own behavior when doing desk work or sitting in meetings.”
<b>Rainbow breathing/ breathing buddy/ deep breathing</b>	<a href="#">Rainbow Breathing &amp; Buddy Breathing</a> Deep breathing is a practice where breathing comes from the diaphragm, which prompts rising of the abdomen, rather than the chest (Consolo, Fusner, and Staib, 2008). It is often referred to as “diaphragmatic breathing”, or, with children, as “belly breathing”. There are many variations of deep breathing, for example yoga breathing (Dissanayake, Liyang, & Senanayake, 2014), which incorporates slow, deep breathing paired with certain body positions, and elevator breathing (Larson et al., 2010), which combines deep breathing with visualization (as if the “elevator” is riding through the body). Breathing exercises may counteract irregular breathing patterns of those who are experiencing stress and/or anxiety (Park, 2013).
<b>Puzzles</b>	<a href="#">Why puzzles are good for your child's development</a>
<b>Name it to Tame it</b>	<a href="#">Labeling emotions to reduce stress and anxiety</a>
<b>Reversible Sequin Slap Bracelet</b>	“This hand fidget is wonderful because its visually calming and gives nice tactile input to the fingertips” <a href="#">Reversible Sequin Fidget</a>
<b>Hugging</b>	<a href="#">Hug</a> : Everyone needs a good hug every now and then. And, according to <a href="#">Emily Mudd, Ph.D.</a> , of Cleveland Clinic Children’s, when we hug our children, it actually helps them regulate their emotions, and helps their brains develop.



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**Visualization**

“Children with ADD/ADHD are often in a state of stress in school. It is [therapeutic to teach them strategies](#) (at home, school, or in private therapy) to help them calm down and relax. Hyperactive/impulsive children, in particular, gain the most from learning techniques that relax their minds and bodies, recognize their internal feelings, and release inner tension. These strategies empower children with a feeling of peace and self-control.”

**Progressive muscle relaxation**

[Progressive Muscle Relaxation](#)

” The body responds to [stress](#) with muscle tension, which can cause pain or discomfort. In turn, tense muscles relay to the body that it's stressed, which keeps the stress–muscle-tension cycle going. Progressive muscle relaxation helps break this cycle by reducing muscle tension and general mental anxiety. Progressive muscle relaxation often helps people get to sleep.

[The Effects of PMR](#)

**Writing/drawing to express your feelings**

According to [his](#) findings, medical scans show that writing about feelings activates the amygdala, which is responsible for controlling the intensity of emotions.

Adam Grant, PhD's article *The Power of the Pen*, cites research to support that writing about future goals and dreams, keeping a gratitude journal, and writing how their job made a difference brought greater happiness and better health to the writers.

“Meditation is known to help people clear their heads of the negativity surrounding them, and [art can help you do the same thing](#). When you become immersed in your creation, your brain gets recharged from the focus. It can actually help to reduce stress and improve your ability to deal with things that are going on around you. Many different forms of art can help you experience this, including drawing.”

