

Too Stressed?

Children today are more stressed than ever — at increasingly younger ages. Here's how to help alleviate some of their anxieties

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When it comes to daily stressors, kids may not have bills to pay or a boss to please — but they face mounting peer pressure and academic demands. Due to the constant streaming of information from iPads and other mobile devices, Generation Z (also referred to as Generation M for multitasking; Generation C for connectivity; or the Internet Generation) is more stressed than ever, according to experts. Tech gadgets are replacing one of humans' greatest stress relievers: physical activity.

Parents don't necessarily have to eliminate all potential sources of stress. "Stress isn't always a bad thing," says Dr. Lawrence Shapiro, a Connecticut-based child psychologist and co-author of *The Relaxation & Stress Reduction Workbook for Kids*. "As a parent, you want to protect your child, but the body reacts to a little bit of stress — like feeling nervous before a test — in a positive way."



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