

Psych to Thrive

Schools and families share a common goal: ensuring student success.

Psychology staff at Dufferin-Peel work together with schools and families to promote student achievement, mental health and well-being. Our new **PSYCH 5 TO THRIVE** initiative offers 5 strategies to help students thrive at school and at home.

“For surely I know the plans for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope (Jeremiah 29:11)

Talking to Teens About Stress

Stress isn't just a problem for adults. Young people often have unhealthy levels of stress. Many teens experience high, unhealthy stress levels. School is the top source of stress for teens, followed by deciding what to do after high school. Stress can lead to both emotional and physical symptoms.

The good news is that you can help your child learn to keep stress in check.



Recognize the Symptoms: Be aware of the signs that indicate unhealthy stress levels. Irritability, anger, excessive worry, sleeping difficulties, and disordered eating (overeating or eating too little) are common signs of stress in young people. However, not everyone has the same signs of stress. Stress is individual. Try to figure out your child's signs of stress.



Ask for help if you're concerned about your child's stress. Psychologists are experts in helping people change unhealthy behaviours and manage stress.

For further information, contact the current psychological consultant at your child's school or the Psychology Department, at (905) 890-0708, Ext. 24330.

