

# How to help your child cope with stress

<https://www.annafreud.org/on-my-mind/self-care/>

Anna Freud national centre for children and families

NHS recommended

Includes information on distraction techniques, listening to podcasts, organise your day, psychoeducation, relaxation techniques, problem solving, playing, meditation etc.

[www.nhs.uk](http://www.nhs.uk)

## Children's mental health

- [Talking to children about feelings](#)
- [Depression in children and teenagers](#)
- [Anxiety in children](#)
- [Dealing with child anger](#)
- [Children and bereavement](#)

## Teen mental health

- [Worried about your teenager?](#)
- [Talking to your teenager](#)
- [Teen aggression and arguments](#)
- [Coping with your teenager](#)
- [Bereavement and young people](#)