

Info santé



Gérer le Stress Scolaire Un Guide pour les Parents



infirmerie.yangpu@lyceeshanghai.com
infirmerie.qingpu@lyceeshanghai.com

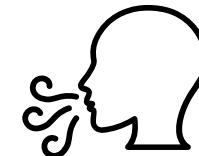
Dans un environnement scolaire international dynamique comme celui du LFS, la gestion du stress chez les enfants et les adolescents s'avère être un avantage significatif.

Découvrez des conseils pratiques pour soutenir le bien-être de vos enfants.

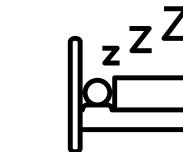
Stratégie de gestion



Relaxation



Respiration



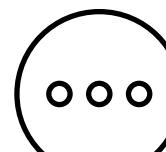
Sommeil



Gestion du temps



Sport



Etc

Comprendre les pressions



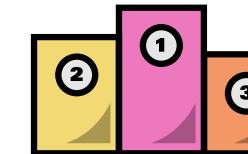
Langue parlée



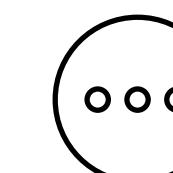
Niveau académique



Lien social



Compétitivité



Etc

Les signes du stress chez les enfants et adolescents



Verbalisation



Changements de comportement



Isolement



Symptômes physiques

Les signes varient d'un enfant à l'autre

Communication positive

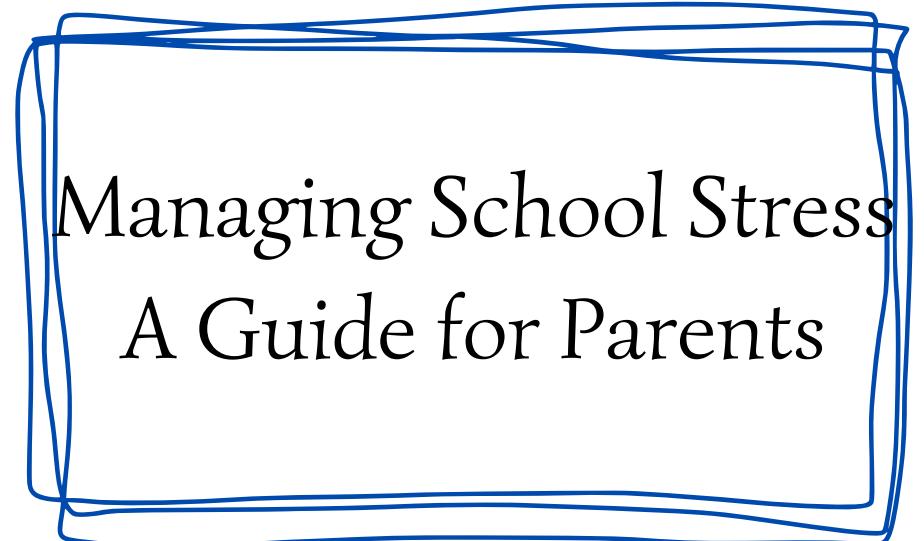
Encouragement, écoute active, langage positif, soutien, valorisation (...) sont là quelques outils pour vous aider à communiquer avec vos enfants de manière positive sur leur stress et ainsi de les soutenir.

Pour aller plus loin

Le site gouvernemental du Québec apporte plus de détails si vous souhaitez approfondir le sujet:

<https://www.quebec.ca/sante/sante-mentale/sante-mentale-chez-enfant-et-adolescent/soutenir-enfant-et-adolescent-pour-gerer-stress-et-anxiete>

Health info



In a dynamic international school environment like the LFS, stress management in children and teenagers is proving to be a significant advantage. Let's discover some practical tips to support the well-being of your children here!

Understand the pressure



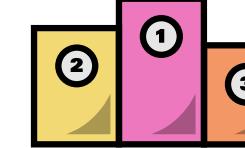
Different languages



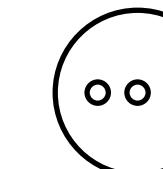
Academic level



Social link



Competitiveness



Etc

Signs of stress for Children and teenagers



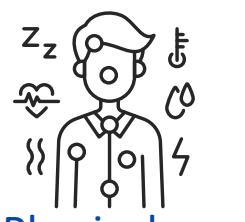
verbalization



Change in behavior



Isolation



Physical symptoms

Signs vary from child to child

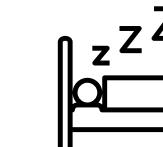
Management methods



Relaxation



Breathing



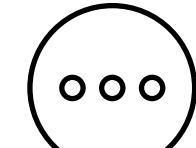
Sleep



Time management



Sport



Etc

Positive communication

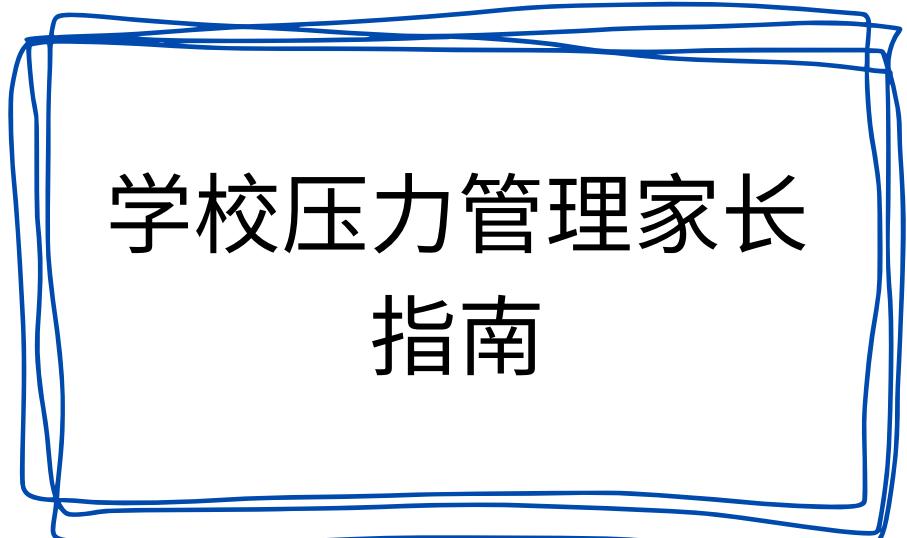
Encouragement, active listening, positive language, support, valorization (...) are some tools to help you communicate with your children in a positive way about their stress and thus to support and encourage them.

To go further

The Quebec government website provides more details if you wish to explore the subject further:

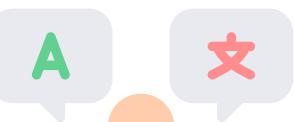
<https://www.quebec.ca/sante/sante-mentale/sante-mentale-chez-enfant-et-adolescent/soutenir-enfant-et-adolescent-pour-gerer-stress-et-anxiete>

健康与你



在LFS这样充满活力的国际学校环境中，儿童和青少年的压力管理被证明是一个显著的优势。在此让我们探索一些实用的技巧来维护孩子们的健康吧！

了解压力



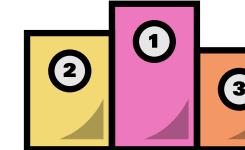
不同的语言



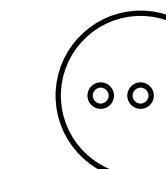
社交联系



学业水平



竞争能力



等等

儿童和青少年的压力表现迹象



口头表达



行为举止的改变



孤立



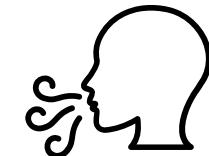
体征表现因儿童而异

身体症状

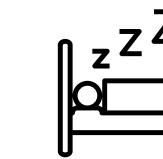
管理方法



放松



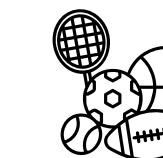
深呼吸



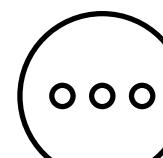
睡眠



时间管理



体育



等等

积极沟通

鼓励、积极倾听、积极的语言、支持、评估（.....）是一些帮助你与孩子积极有效的沟通和了解他们压力的方法，从而给与他们支持和鼓励。

要想了解更多

魁北克政府网站提供更多详情，如果你想进一步探讨这个课题：

<https://www.quebec.ca/sante/sante-mentale/sante-mentale-chez-enfant-et-adolescent/soutenir-enfant-et-adolescent-pour-gerer-stress-et-anxiete>

