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Stress and Diabetes *healthy kids.....healthy futures*

What is stress?

Stress is a reaction to our ability to cope with the mental, emotional or physical demands placed on us, whether real or imagined. In children, stress can come from a variety of sources, some of which we do not think of as adults. Many children are over-scheduled and do not have time to play or relax. Children also pick up queues from their environment that can add to stress such as hearing their parents arguing, an illness in the family, news they hear on television, or even barriers they perceive that limits them in some way.

Children report their major sources of stress to be:*

- 36%** Grades, school and homework
- 32%** Family
- 21%** Friends, peers, gossip and teasing

What to look out for:

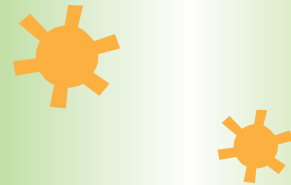
- Mood Swings
- Changes in Sleep Patterns
- Acting Out
- Withdrawing
- Bed Wetting
- Excessive or Lack of Eating
- Stomach or Head Ache
- Acne
- Diarrhea
- Difficulty Concentrating
- Nightmares
- Excessive Clinginess

What to do:

- Listen
- Acknowledge Their Feelings
- Label the Emotion
- Find a Solution Together
- Keep a journal
- Exercise
- Spend time talking
- Be Present
- Be Patient

So What...

- Stress produces cortisol, a steroid hormone. It's primary function is to raise blood sugar by counteracting insulin and to suppress the immune system in an attempt to restore homeostasis.
- Prolonged exposure to stress can manifest itself in the form of diabetes and other physiological changes.



Coping strategies kids use*

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|----------------------------------|----------------------------|
| 52% Play or do Something Active | 28% Try to Work Things Out |
| 44% Listen to Music | 26% Eat Something |
| 42% Watch TV or Play Video Games | 23% Lose Their Temper |
| 30% Talk to a Friend | 22% Talk to a Parent |
| 29% Try Not to Think About It | 11% Cry |