



STRESSED OUT

WEEK 1

1 PETER 5:7 NLT

God cares for you, so you can give your worries to Him.

WEEK 2

PROVERBS 29:25 NLT

God keeps you safe, so you can trust in Him.

WEEK 3

ACTS 16:25 NIV

God knows your future, so you can find joy in Him.

THINK ABOUT THIS

WEEK 1: With all the pressures of school, family, friends, activities, and even their faith, your middle schooler has a lot on their plate. Sometimes all it takes for them to feel better is for someone to acknowledge their stress and talk through how they can manage the anxieties and stressors in their life.

WEEK 2: No matter how much they pretend not to, the truth is this: Your middle schooler cares a lot about what other people think. The weight of other people's opinions is a hard burden to bear and can create a lot of stress in their lives.

WEEK 3: We don't know what our futures hold, and that can leave all of us with a lot of questions that stress us out. What we stress about varies from person to person, but we all have one thing in common: We can't control our futures. And that can be scary! So while your middle schooler's worries or fears for the future may seem minimal to you, they are big deals to them.

REMEMBER THIS

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

PHILIPPIANS 4:6 NLT



DO THIS



MORNING TIME

Build in ten extra minutes for a de-stressing activity with your student. Go for a walk, take a quick jog, read, listen to music, or journal together. Whatever it is, create the space for them to get some stress out before the day begins.



DRIVE TIME

This week, create a stress-free playlist together as a family. Take turns choosing songs that give you joy or help you stay calm.



MEAL TIME

Have a conversation about stress as a family. Go around the table and have each person share one thing that stresses them out. Then, go back around the table and share one thing each of you can do to try to stay calm and manage that stress.



BED TIME

As you're going to bed this week, take a moment to practice some relaxation techniques with your student. Do a quick Internet search to find meditation apps, breathing exercises, or relaxing music you can use to calm yourselves before bed.

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