



with Care for the Family

Discussion Questions

Episode 11: Stressed out

1. Emma explained that we can define stress as anything external that impacts our internal nervous system. We all manage our stress levels differently. What triggers a stress response in you?
2. How do you manage your own stress levels? What are some of your healthy or unhealthy coping mechanisms?
3. Katharine shared how we are the 'keepers of the atmosphere' in our homes. How can we be more intentional about processing stressful situations in a healthy way in front of our children?
4. The presenters talked about the value of being attentive to how our children are experiencing and handling their own stress levels. How do your children typically display or demonstrate that they are feeling stressed?
5. Emma talked about our children absorbing information from the world around them. We see this particularly with the 24/7 news cycle and the easy access to national and global news. How can you help them understand and process what they're learning?
6. Reuben gave us helpful insight into how stress affects him at home. What could you take away from this video that could help your child manage their stress responses?
7. The presenters talked about the value of friendship to help support us in times of stress. What practical things could you do within your friendship circle to create that sense of support and understanding?
8. It's encouraging to know all parents feel stressed at times. What are some of your key takeaways from this session?



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