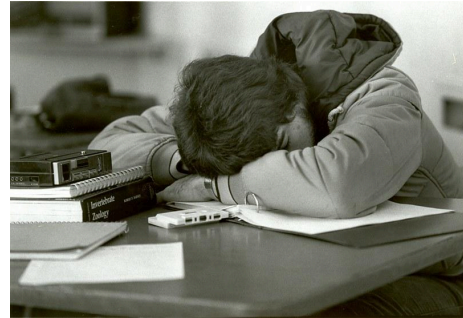


Stress is the body's general response to any intense physical, emotional, or mental demand placed on it by oneself or others.

Gifted students often have [high expectations](#) for themselves, as well as high expectations placed on them from others. Often, they [feel a need to excel](#) at everything. [Children need to have some way to regulate their moods and keep distress from burdening their ability to think](#). Childhood is a crucial time for shaping lifelong coping behaviors.



Teachers can help their students find positive ways to cope with stress, such as teaching relaxation techniques, helping students set small, attainable goals, and encouraging positive self-talk. Research suggests that gifted students benefit from explicit instruction in stress-management. The articles below contain useful information on how to recognize unhealthy stress in students, as well as coping strategies to use in your classroom.

#### **Articles about Stress:**

[Gifted Students and Stress Management: Our Favorite Books](#) from the Davidson Institute

[Helping Gifted Students with Stress Management](#) by Leslie Kaplan

[What Can we Teach Students About Academic Stress](#) from The Grayson School.