



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association

TALK TO YOUR SCHOOL COUNSELLOR

Worries And Stresses

<http://kidshealth.org/en/parents/stress-coping.html>

<http://kidshealth.org/en/parents/worrying.html>

<https://students.ubc.ca/health-wellness/self-help/stress-anxiety>

https://www.huffingtonpost.com/daniel-b-peters-phd/10-steps-for-parent-and-kids-to-taming-the-worry-monster_b_4345171.html

<https://www.anxietybc.com/>