

**Future Problem Solving Program International 2018-19**  
**Coping with Stress - Affiliate Bowl**  
**Suggested Readings**

Associated Press (2017, July 12). The toll ongoing stress can make on a child's brain. *CBS News*. <https://www.cbsnews.com/news/childhood-stress-can-take-a-toll-on-young-brains-learning/>

BBC Staff (2017, March 7). Syrian children in state of 'toxic stress', Save the Children says. *BBC*. <http://www.bbc.com/news/world-middle-east-39188402>

Campbell, D. (2017, September 23). Stress and social media fuel mental health crisis among girls. *The Guardian*. <https://www.theguardian.com/society/2017/sep/23/stress-anxiety-fuel-mental-health-crisis-girls-young-women>

Christ, C. (2018, January 4). Doctors and teachers could team up to reduce stress in schools. *Reuters*. <https://www.reuters.com/article/us-health-children-stress-education/doctors-and-teachers-could-team-up-to-reduce-stress-in-schools-idUSKBN1ET2F8>

Davey, G.C.L. (2016, December 15). Social media, loneliness, and anxiety in young people. *Psychology Today*. <https://www.psychologytoday.com/us/blog/why-we-worry/201612/social-media-loneliness-and-anxiety-in-young-people>

Keller, J. (2016, May 13). Unhelpful punishment. *Slate*. [http://www.slate.com/articles/health\\_and\\_science/medical\\_examiner/2016/05/the\\_stress\\_low\\_income\\_kids\\_experience\\_affects\\_their\\_brains\\_biologically.html](http://www.slate.com/articles/health_and_science/medical_examiner/2016/05/the_stress_low_income_kids_experience_affects_their_brains_biologically.html)

MacMillan, A. (2017, May 25). Why Instagram is the worst social media for mental health. *Time*. <http://time.com/4793331/instagram-social-media-mental-health/>

O'Connor, S. (2017, December 4). Driven to despair—the hidden costs of the gig economy. *Financial Times*. <https://www.ft.com/content/749cb87e-6ca8-11e7-b9c7-15af748b60d0>

Rapaport, L. (2018, March 30). More evidence linking stress to obesity. *Reuters*. <https://www.reuters.com/article/us-health-stress-cortisol-obesity/more-evidence-linking-stress-to-obesity-idUSKBN17130P>

Reuters Staff (2017, August 15). Air pollution ups stress hormones, alters metabolism. *Reuters*. <https://www.reuters.com/article/us-health-pollution-stress-hormones/air-pollution-ups-stress-hormones-alters-metabolism-idUSKCN1AV1VK>

Shafer, L. (2017, December 4). How schools can help students manage and mitigate anxiety. *KQED*. <https://www.kqed.org/mindshift/49829/how-schools-can-help-students-manage-and-mitigate-anxiety>

**Caution: We strongly advise coaches to screen all publications prior to making them accessible to students.**