

Publication in Deccan Herald:

cause fever in kids



ques can reduce stress in children preparing for examinations.

"The moment our brain perceives that something is threatening or stressful, it affects our nervous system. When there is stress, the hypothalamus is activated which is responsible for the equilibrium of the body. It increases body

temperature and further activates the adrenal and pituitary gland which releases a lot of stress hormones. During all this, the immune system gets suppressed, leading to fever or cold," Akanksha told Metrolife.

What a child can do to de-stress

- Take breaks. Identify what makes you feel good and relaxed. It can be a sport, hobby, jog, walk or simply spending time with a friend.
- Break doesn't mean digital inclusion. Avoid gaming, mobile phones, etc.
- Playing with a pet can be relaxing.
- De-stress by venting out – expressing verbally
- De-stress by nonverbal expressions – burst into bubbles in bubble

- wrap, colouring and diary writing.
- Innovative ways to study – Mindmapping, group studies can make studying fun and not a punishment.
- Mind what you eat. Avoid junk and go for colourful fruits and vegetables.
- Relaxation techniques like meditation can help relieve stress to a great extent.
- Don't give up on sleep. Get enough of it.
- Taking a warm water bath is relaxing too.

PARENTS HAVE A BIG ROLE TO PLAY

It has been observed that stress levels of kids rise during exams.

Since the child is already quite anxious, parents should make sure they help their kids calm down.

This can be done by setting realistic expectations and acknowledging their

efforts time and again.

"It is very important for parents to spend quality time with their kids during exams. When they listen more, the child gets the confidence to confide in his/her parents and share their insecurities and anxieties," she observes.

Active communication is another important aspect that parents should keep in mind, says Neha Cadabam, consultant psychologist, Cadabams Hospitals.

Though many parents say that they don't put pressure

on their child, Neha feels that conversations like 'you should have planned your routine earlier' or 'you have the capability to score 90 per cent', subtly pushes one to perform better and make them feel stressed.

"Some amount of stress



Neha Cadabam

is good for a child. It makes them productive but too much of it can become unmanageable. Parents can identify, observe and absorb how

their child is behaving," she says.

What and how parents communicate with the child is important, observes Neha. "There are times when parents pass on their own stress to the kid. This can be seen when a parent says, 'it is more like I am giving the exam', this kind of conversation can put a lot of pressure on the child," she adds.

She believes that breaks in between studies are important. This helps to refresh one's mind.

Surupasree Sarmmah

URL: <https://www.deccanherald.com/metrolife/stress-can-cause-fever-kids-720655.html>

On February 27th, 2019, Mrs Neha Cadabam, Consultant Clinical Psychologist from Cadabam's Hospitals in a talk with Deccan Herald said about how exam stress can cause psychogenoc fever in children which is a stress- induced fever. She also says- Active communication is an important aspect that parents should keep in mind.

Though most of the parents say that they don't pressurize their children, Mrs Neha feels that conversations like 'you should have planned your routine earlier' or 'you have the capability to score 90 percent', pushes your child to perform better and they feel stressed subtly.