

# Fairfax County School Health Promotion September/October Newsletter

**“Bubble Your Troubles Away!”**



## News You Choose or Keep in Touch

All kids experience stress - the best way to keep stress away is to have a balanced life. Some may feel butterflies before an important activity or feel worried during a major life event. The important thing to remember is that stress can be managed. There are many techniques that children can use to control stress at home and at school. You can encourage your child to get enough sleep, eat healthy food, exercise through play, and leave time for fun stuff!

### Resources:

- Breathe2Relax – is a stress reduction tool for children 6+
- Breathing Bubbles – is an app that helps kids identify their feelings
- Stresslr – uses a friendly robot to help kids identify stress and learn how to cope

### References:

[www.kidshealth.org](http://www.kidshealth.org)

[www.cdc.gov](http://www.cdc.gov)

### Hashtag:

#ffxhealthykids

