

# Fairfax County School Health Promotion September/October Newsletter

“Hey Stress, Let’s break up”



## News You Choose or Keep in Touch

There are often many pressures in the lives of young people. Worrying about school work, experiencing physical and hormonal changes, and fitting in to a social circle, are some of the stressors that impact a teen’s daily life. While stress may ebb and flow, there are so many ways to encourage your child to cope with the difficult situations that arise. Motivating your teen to be healthy is a great place to start. Encourage your child to get enough sleep at night, make time to relax and have fun, and engage in more physical activity. Promoting healthier behaviors may allow your child to feel more at ease when faced with challenges that causes stress.

### Resources:

Breathr–app that teaches youth easy and fun ways to practice mindfulness  
Kid’s Health – has interactive videos and tools for teens that encourage stress management

### References:

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

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

### Hashtag:

#ffxhealthykids

