

# HELPING CHILDREN MANAGE STRESS

CHATHAM CENTRAL SCHOOL GUIDANCE TEAM JANUARY 2017

MARY E. DARDESS ELEMENTARY SCHOOL

Dear Chatham Families,

Stress and anxiety are on the rise among our students, along with students nationwide. Within our own schools, we have been witnessing an increased number of students who are tired, irritable, and lacking sustained focus. Through mindfulness initiatives and emotional support, we are addressing student stress in a variety of ways.

*Tips To Help Your Child Manage Stress:*

- \* Talk and listen to your child– Give them an opportunity to express their feelings. Knowing that you care can go a long way.
- \* Follow a consistent daily routine- Regular school attendance and school success go hand-in-hand.
- \* Get plenty of sleep- Go to bed and wake up at the same time every day.
- \* Eat healthy meals at regular intervals.
- \* Help your child find an outlet or activity that helps build self-esteem. Our schools and Community offer a wide variety of programs that students are encouraged to become involved in!
- \* Exercise...Get moving and increase your heart rate!
- \* Overuse of electronic devices can impact sleep- Monitor and limit usage.
- \* Maintain a reasonable schedule so that families can have down time, where everyone can relax.
- \* Encourage your student to prepare for exams, projects and other academic requirements well in advance- Students have access to many online resources and study guides.

As always, the Guidance and Counseling Staff are available to support students. Please reach out if we may be of any assistance.

Best Regards,  
Chatham Central School Guidance Team