



STRESS: NO BODY NEEDS IT



Today your child learned about the effects that stress has on his or her bodies. This is also known as “flight or fight.” Our bodies’ natural way of coping with being frightened or challenged is to release certain chemicals into our bloodstream that provide extra short-term energy and alertness.

Our instincts take over and “tell” us that we are facing danger and we either need to defend ourselves (fight) or get away (flight). Sometimes when this happens we do things we didn’t think we could, such as run very fast or lift something heavy. We may also notice that our hearts are beating harder and faster, our hands are getting sweaty and cold, or our faces are feeling flushed and hot. Your child did a variety of activities related to recognizing stress in his or her body.

When fight or flight kicks in, it’s very difficult to make good decisions. Fortunately by understanding what triggers it and learning skills to deal with it, we can learn to sometimes prevent it and also calm ourselves down when it does happen.

AT HOME ACTIVITY

Ask your child to show you the “Stress: What Brings It On” worksheet he or she completed in class. Talk for a few minutes about the items on the list. Then make a list of your own. How stressful or stress-free are your days?

ADD SOME EXERCISE



Add exercise to your routine to help reduce stress and keep your body healthy! If your family life is already packed with activities, set up an exercise schedule. It may be easier to go for a walk or bike ride if it’s on your calendar.

Thirty to 60 minutes of physical activity is recommended each day to maintain a healthy body weight.

