

Dear Parent or Guardian,

The teen years are a particularly stressful time for both teens and their parents. Growing into adulthood brings new challenges, demands, and choices. Your teen's current health chapter focuses on stress, which is the reaction of the mind and body to the pressures of everyday living. Your son or daughter will learn to identify the causes of stress, how the body responds to stress, and methods by which stress can be managed. Students will also examine the conditions of anxiety and depression.

Some of the questions your teen will explore as we study this chapter include: *What is stress, and how does it affect body systems? How does stress affect physical, emotional, and social health? What are some sources of stress in my life? What are some strategies for managing stress? What are the symptoms of anxiety and depression? What are a few warning signs that should prompt an individual to seek professional help? How can I build my resiliency to adapt to life's challenges?*

Your involvement and participation in your teen's health education is important. To extend our classroom work, please complete one or more of the following activities with your teen:

- Ask your son or daughter to explain the positive and negative aspects of stress. Have your teen describe sources of stress in his or her life. Share your sources of stress.
- Discuss methods by which the identified sources of stress can be managed or reduced.
- Help your teen make a schedule of his or her activities for the week. Work together to identify and resolve possible areas of stress resulting from time conflicts.
- Participate with your son or daughter in a stress-reducing activity—such as playing a sport, hiking, or watching a movie. Make a list of stress-reducing alternatives.

Plan other activities you think will help your son or daughter develop an understanding of the value of learning how to manage stress. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher