

Dear Parent or Guardian,

Your teen's health class is studying a chapter that focuses on stress. We define stress as the body and mind's reaction to everyday events. Students are often surprised to learn that not all stress is bad, and some types of stress even help us become more productive members of society.

Some questions your teen will explore as we study this chapter are: *What are the types of stress? How can stress be helpful? How does stress affect a person's physical, mental and emotional, and social health? How do people use defense mechanisms to cope with stress? What habits can a person develop to manage stress?*

While studying stress, students will have the opportunity to learn about and practice positive life skills, such as time management, that will help them manage stress throughout their lives. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain why stress is necessary. Discuss the stress in your own life and the positive ways you can deal with it. Identify the sources of stress that you share with your teen.
- Help your teen make a schedule of his or her activities for the next week. Work together to set priorities and resolve time conflicts, if necessary.
- Engage in a stress-reducing activity together, such as watching a humorous movie or going for a walk in a nearby park or nature preserve. Keep a list of suggestions for reducing stress where all family members can see it.

Please plan other activities you think will help your son or daughter learn the value of managing stress. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher