

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Address Your Stress

This month, students are learning how to reduce stress through a campaign called Address Your Stress. Here is a summary of the learnings and how you can support your child's health.

It's all about balance

Stress is a normal part of being human. But left unchecked, it can have a negative impact on our lives. Avoiding stressors can help, but this is hardly reasonable. We can't always control the situations or people that surround us, but we can choose how we are going to react.¹



Stress-reducing strategies

Physical and mental health are interconnected. Being aware of the signs of stress, and using effective stress-management strategies have positive health benefits, both physically and mentally.²

Strategies That Work.

Family meals create a chance to talk about what is happening in our daily lives.²

Laughter can improve our memories, creativity, sleep, blood flow, and stress levels.²

Physical activity brings oxygen to different parts of the body, releasing endorphins while distracting us from our worries. Even a 10-minute walk can reduce stress!²

Supportive people in children's lives create a barrier that protects against stress. The more supportive people in their lives, the stronger the barrier.²

What we think leads to how we feel, and how we act. Trying to approach every situation with positive self-talk can decrease stress levels and improve your day.²

Reference:

¹ <http://www.albertahealthservices.ca/>

² Adapted from: Alberta Health Services *Mental Health Kit – Be Kind to Yourself and Others*

www.appleschools.ca

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