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April 27, 2021

Health & Community Concerns Commission

*In This
Issue:*

- April is Stress Awareness Month
- Health and Community Concerns workshops at Convention 2021

APRIL IS STRESS AWARENESS MONTH



April is **Stress Awareness Month**, which makes it an ideal time to look at ways to alleviate stress for ourselves and those around us. The past year brought untold stresses to everyone - students, parents and community members alike - as we learned to deal with COVID-19, being sheltered in place, remote learning, and working from home.

April may be bringing good news with the reopening of schools, the widespread administration of vaccines, and our reemergence into society, but these changes may bring new stresses for our kids and teens. To help parents navigate these stresses, we want you to learn more about stress, and offer some simple strategies to relieve it.

Here are **five things you should know about stress**, according to the NIMH (National Institute of Mental Health):

1. Stress affects everyone.
2. Not all stress is bad.
3. Long-term stress can harm your health.
4. There are ways to manage stress.
5. If you feel overwhelmed by stress, ask for help from a medical professional.

For a flyer with more information, please [click here](#).

Stress and Children

It's important for parents to help their kids learn the skills necessary

own limits and understand what they do and don't have time for.

Some suggestions:

- Talk with your child and evaluate whether they have too many things on their plate, and decide how to incorporate down time in their everyday life.
- If unexpected events and changes cause stress, it could be a good idea to sit down with your kid and discuss creating a routine to be followed everyday.
- Figure out what activities and hobbies are good de-stressors for your child and actively recommend that they do that thing when you notice he or she is stressed.
- Be a good role model: Learn how to deal with your own stress, and demonstrate healthy coping methods like deep breathing and calming self-affirmations.

Resources

For more ideas of how to help your child cope with stress, check out the following resources:

- [How parents can help teens manage with stress](#), from the Cincinnati Children's Hospital's Blog
- How can we explain stress and how it affects us to our kids? [This helpful video](#) made by the BBC is a great resource to explain stress and how to reduce it
- How can we help our kids cope with stress and calm down? See [this helpful poster](#) with tips from the NCPMI (National Center for Pyramid Model Innovations):

HCC WORKSHOPS AT CONVENTION 2021



Join us at Convention 2021, where the Health & Community Concerns Commission is offering several timely and informative workshops on issues that matter to your family and school:

- Creating Grief-Sensitive Schools
- Cyber Safety For Families
- Impact Teen Drivers
- Vaping: Know the Facts

To see a complete list of workshops and to register for convention, [click here](#).

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