



High School

Home Connection

Stress Management

Dear _____,

I'm excited to share that your student has been learning about managing stress in healthy ways. We discussed various strategies to cope with stress and emphasized that different methods work for different people. Today, we focused on using yoga as a tool for relaxation and stress management.

Yoga, which combines breath control, meditation, and specific body postures, has been practiced for thousands of years and has proven benefits for mental health. It helps decrease stress, depression, and anxiety and promotes self-regulation and a sense of well-being. Additionally, yoga can encourage healthy behaviors like proper nutrition and regular physical activity. It is a low-impact activity suitable for most people and can be practiced almost anywhere without needing special equipment or prior experience.

Please discuss this question with your student: What are some healthy strategies you can use to manage stress? This will help reinforce the lesson and encourage them to think about effective ways to handle stress.

Please do not hesitate to reach out with any questions or concerns.

Best,
