



High School

Home Connection

Balancing Your Body Budget

Dear _____,

I hope this letter finds you well. I am excited to share what your student has been learning in class recently. Our focus today was on the importance of staying emotionally and mentally healthy and how this ties into overall well-being.

We began by discussing various ways to maintain emotional and mental health. The students shared wonderful ideas, such as seeking help when facing problems, talking to friends, practicing mindfulness or meditation, and showing gratitude. We added these responses to a growing list on the board, highlighting the many strategies available to support mental well-being.

We then dove into the concept of the "body budget." Just like a financial budget helps us manage money, a body budget helps us manage the essentials we need to stay healthy. But staying healthy isn't just about physical needs. We also need to fulfill certain social requirements to keep ourselves mentally healthy. Social interactions and emotional connections are crucial because physical and mental health are interrelated. Without emotional connections, our body budget can become unbalanced, affecting our overall health.

To continue this conversation at home, please ask your student: "What are some ways we can stay emotionally and mentally healthy, and how do these practices help our overall well-being?" This can be a great opportunity for a meaningful discussion about the importance of balancing both physical and mental health and the ways we can support each other in maintaining this balance.

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

Best,
