Isabella and Joel are so excited for the new school year! As they get ready to go back to school, they also know that the start of a new school year can be stressful for many families.

**Did you know?** Stress is a normal part of daily life - sometimes a little stress can even help you! However, too much stress can be harmful to our health— it can worsen the impact of chemicals and can be linked to behavioral problems, asthma, and cardiovascular disease later in life.

**WEEKLY GOALS**

- [ ] Identify possible sources of stress in your daily routine.
- [ ] Develop family strategies to address the stressors in your life.

**ACTIVITIES**

**Try out some of these activities to reduce stress in your daily life:**

- Practice breathing, mindfulness, or meditation.
- Get enough sleep.
  - Kids should aim to get 9 -12 hours of sleep per night, while adults should aim to get at least 7 hours.
- Get regular exercise.
  - Exercising regularly can help both your mental and physical health; try taking a thirty minute family walk every day!
- Connect with other people!
  - Talking to other people who can support you is a great way to help address stress in your life.
- Ask for help if you need it!