**8.2 – Supporting Our Mental Health: Managing Stress**

**Parent/Guardian Communication**

A brief communication to share and continue the learning following student participation in the module.

Dear Parent/Guardian,

We are continuing our mental health learning journey! Today in connection with health and physical education, we participated in a module from the Ministry of Education about stress. We talked about ways to prepare for and help manage the everyday stresses we all face, like healthy **r**outines, **r**elaxation strategies, **r**eframing and **r**elationships. We also discussed how practicing stress management skills can help us be ready for challenges that may come our way and when we might need to seek support from a trusted adult.

Below are some questions to help you continue the conversation and be a part of this meaningful learning. Talking about mental health is a great way to share information, reduce stigma, and support everyone’s mental health.

* What did you find interesting or helpful about what you learned?
  + What sorts of strategies did you and your classmates come up with for coping with stress?
  + Is there a new strategy you’d like to try? How can I help? *This could be a good opportunity to practice strategies along with your child and share in the learning.*

You are an important part of supporting your child’s learning about mental health and well-being.

Thank you for being part of our learning community!