

# THE GREAT BODY SHOP

## Parents' Bulletin



Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077 or 203-762-2938

### **WHAT IS STRESS?**

THIS MONTH IN THE GREAT BODY SHOP, YOUR SON OR DAUGHTER WILL STUDY STRESS AND ITS PHYSICAL AND MENTAL EFFECTS ON THE BODY. PLEASE TAKE THE TIME TO DISCUSS THE SUBJECT AT HOME WITH YOUR CHILD.

#### **Lesson 1: Stress And Your Body**

Students will learn how stress affects the body, and how it can lead to health problems such as upset stomachs, headaches and diarrhea. It's common to tighten up the muscles in your face, neck and shoulders when you are under stress. It's also the cause of many headaches and neck aches.

**To loosen tight muscles, try this:** Lean your head over toward your left shoulder and slowly rotate your neck to bring your chin toward your chest. Continue rotating to bring your head over to your right shoulder and then back. (*Never lean your head back too far, or you'll put pressure on the top of your spine.*) Repeat three times clockwise; then reverse.

#### **Lesson 2: Recognizing The Causes Of Stress In Your Life**

We'll talk about the fact that different things cause stress in different people. Your son/daughter will do exercises to help him/her realize what is personally stressful.




#### **Read All About It**

Hot Issues, Cool Choices: Facing Bullies, Peer Pressure, Popularity, and Put-downs by Sandra McLeod Humphrey and Brian Strassburg (2007) Provides a wonderful opportunity for generating discussions with tweens and teens who are faced with the negative influences of peer pressure, bullying, and harassment.

#### **Lesson 3: Coping With Stress**

Your child will learn about different ways of coping with stress. Talking to someone who understands and can help is the best solution. Getting exercise, keeping a diary and finding the humor in a situation are other positive ways of coping.

##### **Are You Too Good At Problem Solving?**

-  Do you regularly give in to your children because you're too tired to fight?
-  Do you let house rules slide by rather than go through the hassle of enforcing them?
-  Do you buy second toys rather than listen to bickering over sharing?

"Yes" answers may mean you're solving your children's problems for them. Doing that can prevent them from learning limits, responsibility and sharing. These are important steps to maturity.

#### **Lesson 4: Communities In Stress**

Students will discuss crime, gangs, pollution, noise and other issues that can cause stress among the people in a community. We'll also talk about some of the ways that students can do their part to alleviate some of that stress. For example, students can pledge never to take drugs or join a gang, and to do what they can to help the environment.