



دي بي اس - المدرسة الهندية الحديثة
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

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Healthy Mind, Healthy Body: Stress Management for Young Students

As the examination season approaches, it's normal for students to feel nervous or anxious. Stress is a natural response, but learning to manage it effectively can make a big difference in a child's performance, focus, and overall well-being. Here are some simple and effective strategies to help young students stay calm and balanced:

1. Breathing Exercises

Encourage your child to take a few minutes daily to focus on deep breathing.



How to do it: Inhale slowly through the nose for 4 seconds, hold for 4 seconds, then exhale gently through the mouth for 6 seconds.

Benefits: Helps reduce anxiety, improves concentration, and calms the mind before studying or exams.

2. Journaling

Writing down thoughts and feelings can be a powerful tool for managing stress.



How to do it: Encourage students to write a few lines each day about what they are grateful for or any worries they have.

Benefits: Helps organize thoughts, release negative emotions, and boost self-awareness.

3. Mindfulness & Relaxation

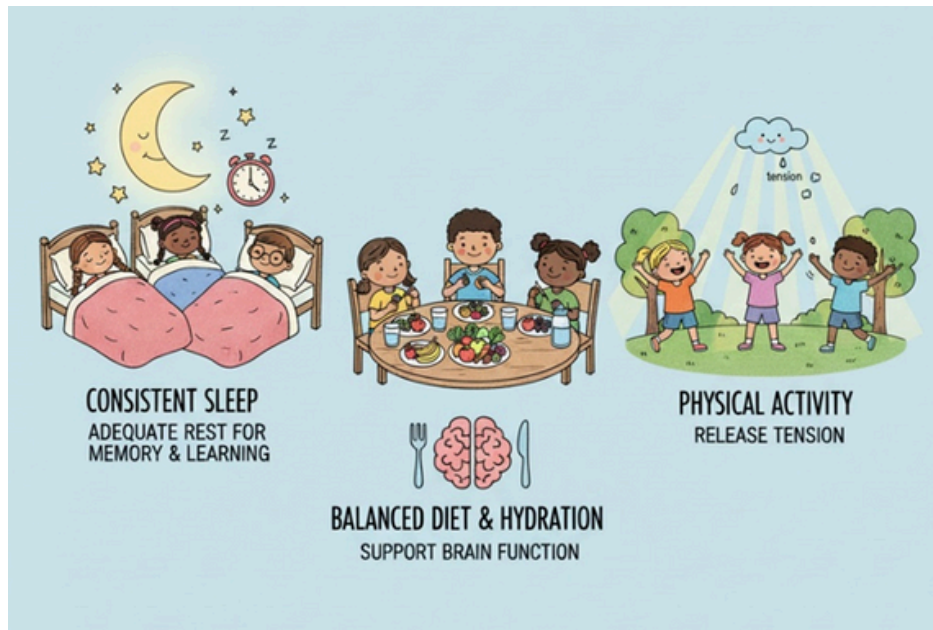
Mindfulness techniques help children stay present and reduce overwhelming feelings.

How to do it: Sit quietly for 5 minutes, notice your breathing, or focus on the sensations around you. Guided mindfulness apps or short meditation videos can also help.

Benefits: Improves focus, enhances emotional regulation, and promotes a sense of calm.



4. Healthy Habits



- Ensure a consistent sleep schedule—adequate rest is crucial for memory and learning.
- Maintain a balanced diet with fruits, vegetables, and hydration to support brain function.
- Include physical activity such as walking, stretching, or light exercises to release tension.

TIPS

Tips for Parents:

- Avoid putting extra pressure on children during exam preparation.
- Encourage regular breaks during study sessions.
- Celebrate small achievements to keep motivation high.

REMEMBER!

A healthy mind fuels a healthy body. Helping your child manage stress now can make the exam period smoother and more successful.

Warm Regards,
School Medical Team