



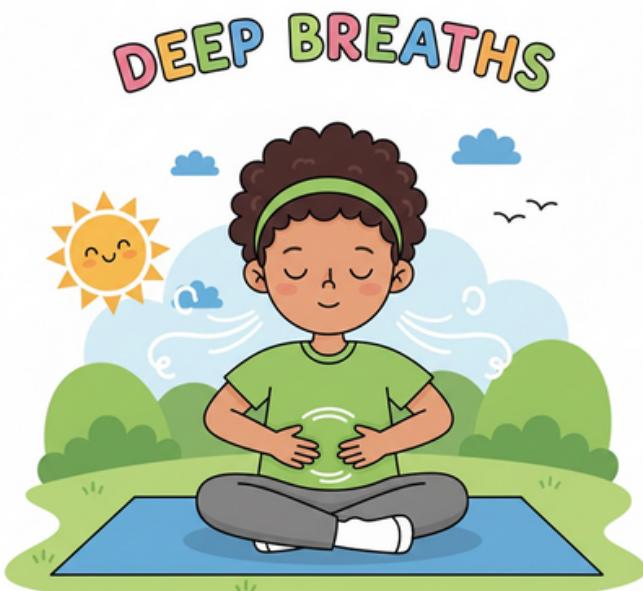
# DPS MODERN INDIAN SCHOOL - JANUARY 2026 NEWSLETTER MEDICAL TEAM EDITION

## 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

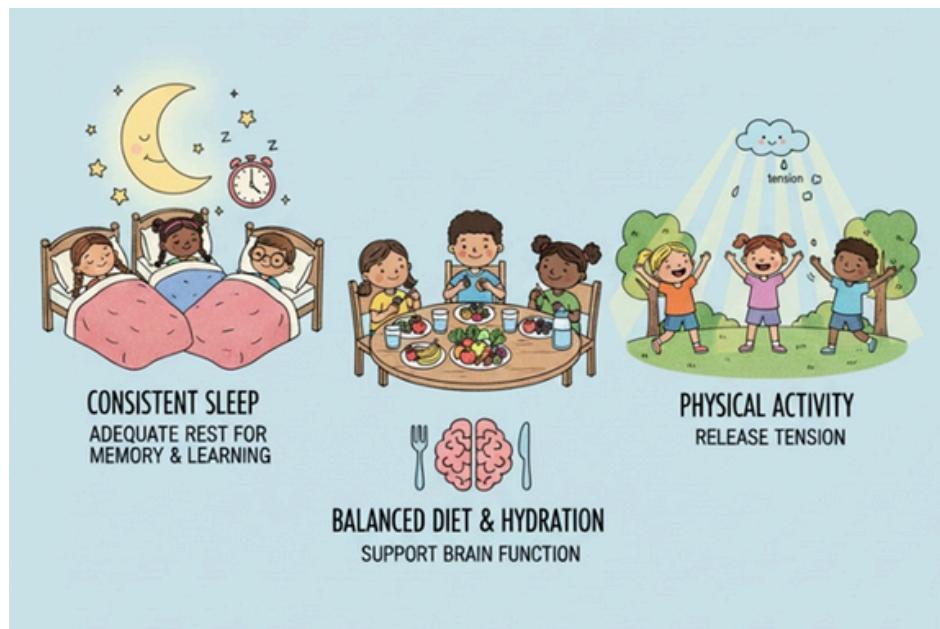
Mindfulness techniques help children stay present and reduce overwhelming feelings.

**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