



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

Doha-Qatar

Celebrating 25 Years of Excellence in Education



DPS Modern Indian School Clinic – June Newsletter

Theme: “Healthy Mind, Healthy Body”

Topic: Stress Management for Young Students

Dear Parents,

Greetings from the School Clinic!

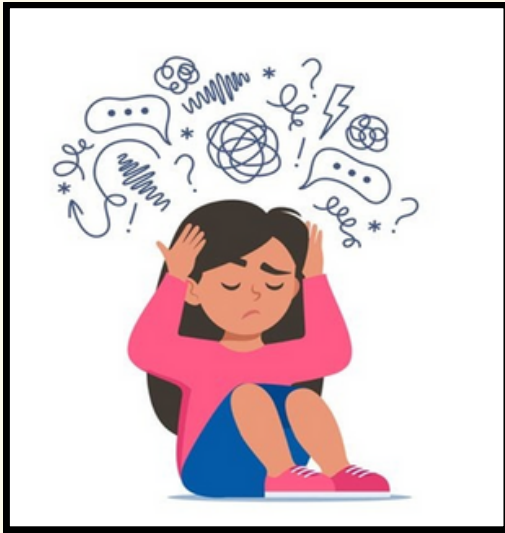
As we welcome the month of June, we turn our attention to an important and timely topic: Stress Management for Young Students. With increasing academic demands, extracurricular activities, and social expectations, it's essential to support our children in maintaining a healthy balance between mind and body.

Why Stress Management Matters:



Even young students can experience stress, which may affect their mood, sleep, concentration, and physical health. Learning how to recognize and manage stress early builds emotional resilience and helps them succeed in school and life.

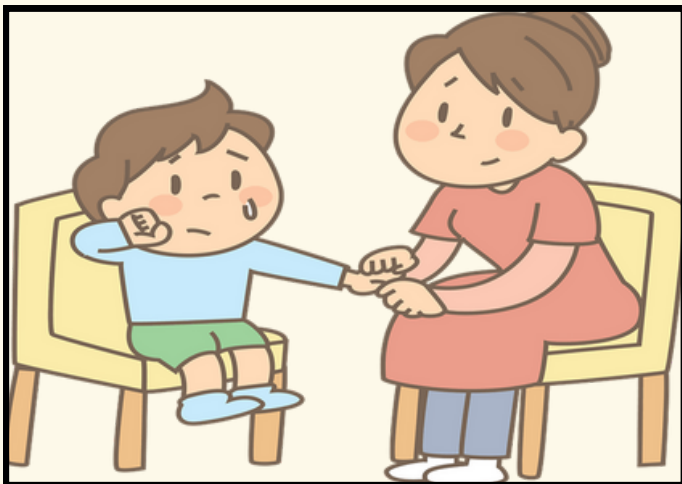
🔍 How to Know If Your Child Is Stressed:



- Feeling more tired or irritated than usual
- Complaining of headaches or tummy aches
- Avoiding school or withdrawing from friends
- Difficulty sleeping or concentrating

✅ How You Can Help at Home:

Listen without judgment



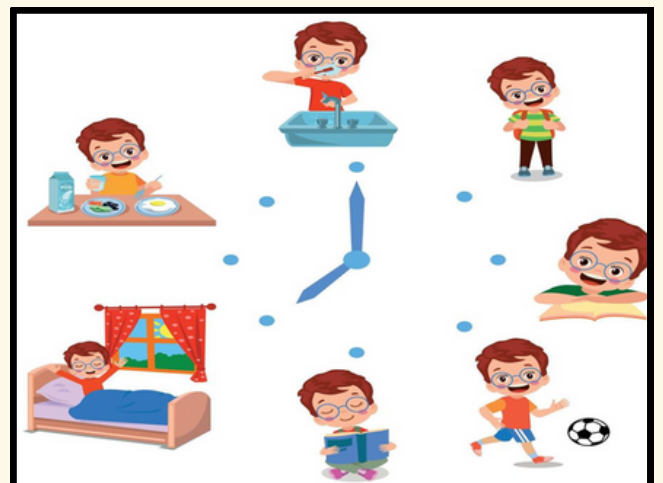
Encourage open conversations. Ask how their day went and really listen. Let them express their feelings—whether it's about exams, friendships, or something that may seem small. Avoid jumping in with solutions right away; sometimes, they just need to feel heard.

Try this:

“I’m here for you. You can tell me anything, even if it feels silly.”

Keep a daily routine

Children feel more secure when they know what to expect. Having regular times for waking up, meals, homework, play, and bedtime gives structure and reduces uncertainty, which lowers stress.



Tip: Use a visual schedule for younger children—it gives them a sense of control.

Encourage play and movement

Physical activity is not just good for the body—it is essential for mental health. Encourage outdoor play, dancing, cycling, or even helping with simple chores. Physical movement helps release endorphins, the body's natural stress relievers.



Even 20–30 minutes a day makes a difference.

Practice simple breathing exercises together



Breathing exercises, stretching, or even short guided meditations can help children calm their minds and bodies. Try doing it together—it can become a bonding ritual!

Example:

Try “box breathing” – Inhale for 4 counts, hold for 4, exhale for 4, and hold again for 4.

Limit Screen Time

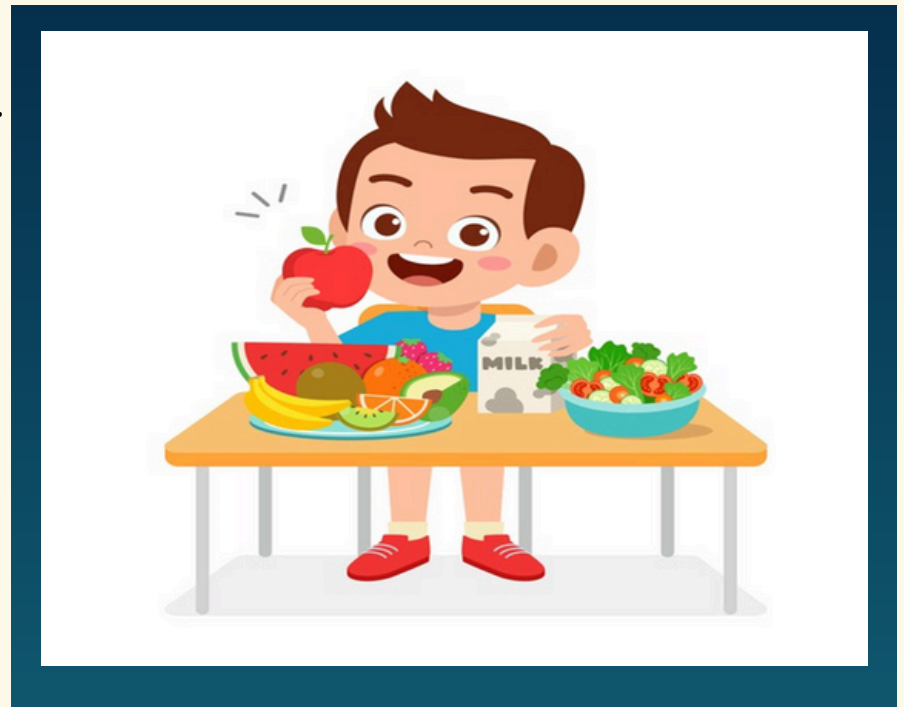


Too much screen time can lead to restlessness and overstimulation, especially before bed. Encourage creative and calming activities like drawing, journaling, storytelling, or quiet reading.

Create screen-free zones or hours—especially during meals and bedtime.

Ensure Balanced Nutrition

A healthy, regular diet fuels both body and mind. Avoid excessive sugar and processed foods. Include brain-boosting options like fruits, leafy greens, whole grains, and nuts. Don't forget water! Hydration is often overlooked but vital for focus and energy.



Bonus Tip: Be a Role Model

Children learn by watching. Show them how you manage stress in healthy ways—whether it's through deep breaths, talking things out, or taking a walk to clear your mind.



Remember:

Every child is unique. What works for one may not work for another. The key is to create a safe, loving environment where they feel supported and understood.



Let's raise emotionally strong and balanced children—together!

Stay healthy.

DPS Modern Indian School Clinic Team