

Fairfax County School Health Promotion January & February Newsletter Articles



Get Out & Exercise 60 Minutes a Day

Newsletter and/or KIT

Did you know being more physically active can lead to better grades, improved focus and memory, boost your energy, and can even reduce stress? We need at least 60 minutes of physical activity every day. Don't have time for a full hour? Fit your fitness activities into smaller, 10-15 minute bursts that work with your schedule. Be a role model for the students in your life -- increasing your physical activity each day can lead to a happier, healthier you!

Watch our video that shows great ideas for incorporating quick bursts of activity into your day:

<https://www.facebook.com/fairfaxcountyhealth/videos/vb.122759944481405/2002747619816959/>

Mindfulness Corner

Students

Getting a little nervous before a big test or project is normal, but feeling super stressed and worried over the small things throughout your day can be unhealthy. If you feel overwhelmed, try these simple breathing exercises to help you calm down and relax:

Bunny Breath: Imagine being a bunny that is sniffing the air—breathe 3 quick sniffs through the nose and slowly breathe out one long exhale through the nose

Flower Breath: Imagine smelling a beautiful flower—breathe in slowly through the nose and out slowly through the mouth, letting go of any tension

Bear Breath: Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breathe out for a count of 3 or 4, pause for a count of 1 or 2.

Hissing Breath: Imagine being a snake—breathe in slowly through the nose and breathe out through the mouth with a long and slow hissing sound

Staff

It is natural for us to worry about things in our lives. Hectic schedules, relationship concerns, or uncertainty about the future are just some of the stressors that may impact our workday. The demands of your classroom may add to the stress, and can turn into serious anxiety. It is important to nurture your mental health so that you can be present for your students. Try these mindfulness techniques throughout the school day to reduce stress and enhance well-being: practice deep and slow breathing, listen to relaxing music, draw in a notebook, or turn down the lights for a "brain break." Learn to recognize when stress levels are rising in the classroom, and incorporate these methods for a better environment for you and your students.

References:

<https://move-with-me.com/self-regulation/4-breathing-exercises-for-kids-to-empower-calm-and-self-regulate/>
<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356?pg=1>

Hashtag: #ffxhealthykids

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