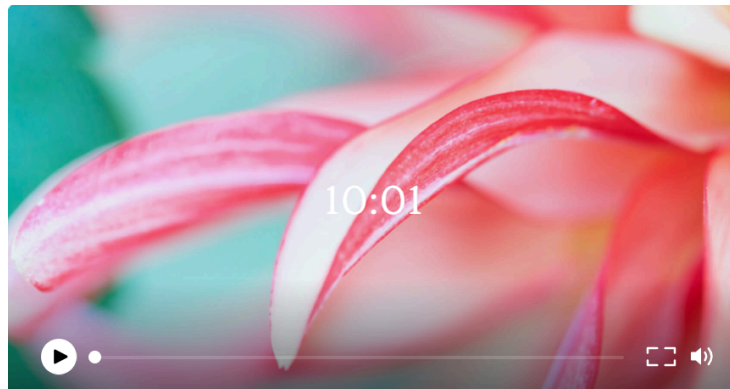


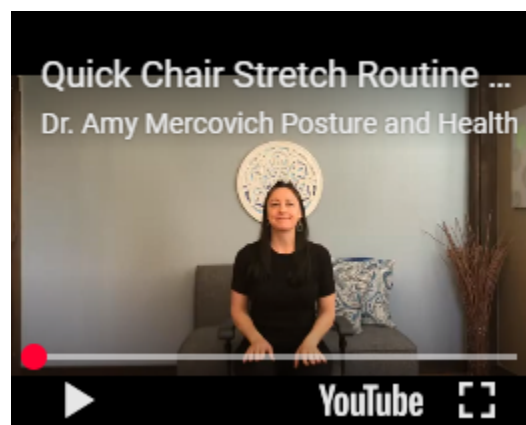
Stress Management



[Click here for an 8 minute body relaxation meditation](#)



[Click here for a 10 minute guided deep breathing meditation](#)



[Click here for a 90 second stretch](#)

how physical activity benefits the brain

ACADEMICS

Improves Academic Achievement
(including grades and test scores)

Increases Attention and Focus

Improves Memory

Promotes Positive Classroom
Behavior

Increases Problem Solving Skills

MENTAL HEALTH

Improves Self Esteem

Decreases Feelings of Anxiety
and Depression

Improves Coping Skills

Increases Feelings of Happiness

Promotes Self Regulation



MENTAL HEALTH &
WELLNESS HUB



JEFFCO PUBLIC SCHOOLS

**Did you know that movement and exercise influence your
moods (and vice versa)?**

Research tells us that moving your body is one of the most beneficial things you can do for your mind! Being inactive for long periods of time can sometimes contribute to feeling sluggish, tired, unmotivated, depressed, and even hopeless.

If you're feeling this way, sometimes the answer is to GET UP AND MOVE!