

# Life

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## Skills Training

Promoting Health and Personal Development

Dear Family:

Our class is studying stress and how to prevent it. Today the students discussed the fact that stress is a part of our lives from infancy through retirement. In order to prevent unnecessary stress, students learned time-management skills and studying and test-taking techniques.

One reason people begin to use tobacco and alcohol is to deal with stressful situations. Teaching young people ways to prevent stress will give them the skills necessary to prevent stressful situations in their lives. The younger they are when they learn stress-prevention habits, the more practice they will have and the less likely they will be to adopt habits that increase their stress when they get older.

You can help your child practice stress prevention. Help your child plan ahead by purchasing or making a daily or weekly schedule of assignments and activities. Children also model their parents behavior. The whole family can begin to practice time management and stress prevention. Ask your child to help you learn what we studied in class!

Thank you for your help.

Sincerely,