



DEER VALLEY
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DVUSD Parents and Guardians,

Every week, your student is learning and practicing social and emotional skills with their teachers. Each month has a different topic of focus. For the month of October, your student is focusing on developing the important skills of managing stress and anxiety. These lessons will be taught whether your child returns to campus in-person or joins DVOA for online learning.

Stress and anxiety are a part of normal life. We all encounter stress in a variety of different situations, forms, and amounts. It is possible that COVID-19 has brought about more stress and anxiety for your child due to the many changes your child has experienced since last March. The most important way to deal with stress and anxiety is to **recognize, accept, and manage stress** to avoid negative physical and emotional consequences.

Ways you can help your student manage stress and anxiety:

- Teach them how to practice mindfulness or staying in the present
- Practice deep breathing
- Help them to get enough sleep
- Help them realize what is in their control and not in their control
- Encourage them to journal or draw about their feelings
- Talk with them about how they are feeling and reassure them when appropriate
- Exercise, coloring, painting, yoga, swimming, and other activities can reduce stress
- Laughter is the best medicine
- Seek professional help

Resources to help your family manage stress and anxiety:

- [Video: Managing Worry and Anxiety](#)
- [Activity: Worry Box](#)
- [Lesson: Yoga for the Mind and Body](#)
- [Virtual Calm Down Room](#)
- [Calm Breathing Techniques](#)
- [Positive Self talk](#)
- [Anxiety in Kids and Teens](#)
- [Coping with Family Stress](#)
- [Coping With Stress, Fear and Anxiety](#)

What are strategies your child uses to manage their stress and anxiety? If your child could benefit from more strategies, please reach out to your child's teacher to discuss this and find out how you can build a partnership together to support them with their social and emotional well-being. Additionally, we have compiled several resources for our DVUSD families [here](#).

Thank you for sharing your children with DVUSD!

The DVUSD SEL Team