

## Mental Health Moment

Did you know that superstimulants in our kids' environments are hidden stressors that can drain a child's energy? Superstimulants are things like candy and sugary foods, videogames, and action movies designed to deliver repeated adrenaline bursts. Overexposure to these superstimulants can leave a child feeling restless, bored, and in a low energy, high tension state. So what can we do to help? Encouraging your child to get outside and play is one of the best remedies. Physical activity, connecting with nature, reading, and even arts and crafts can help to replenish a child's energy and help them to feel calm and alert! For more resources, check out: <http://www.self-reg.ca/resources-and-services/parents-and-families/>

