

## Mental Health Moment

The summer months can bring opportunities to relax and restore but they can also create hidden stressors—like getting to bed late, spending more time on electronic devices, and eating sugary treats. All of these changes can add up to kids feeling lethargic or on edge. The classic, “I’m bored” complaint is often a sign of low energy and high tension. Help yourself and your kids to feel good all summer long by maintaining some of your normal routines around getting the right amount of sleep, eating nutrient rich foods, staying active, and limiting screen time. Wishing everyone a safe and happy summer - **Be Well!**

