

Your Stressed Out Kids Need Yoga, Too!

Kimberlee Bethany Bonura, PhD, E-RYT, CYT

It's back to school, and you're probably stressed as you rush from work to school to activities and everything in between. Your kids are probably stressed, too!



In fact, the president of the American Academy of Pediatrics, Dr. Sandra Hassink, has said that stress is the number one health issue facing kids.

In one survey, more than 70% of the parents reported that their children exhibited behaviors that are reflective of stress. For instance – 44% of children had headaches, 44% had

stomachaches, 38% had nightmares and trouble sleeping, and 20% had changes in appetite and eating behaviors.

Kids may not talk about being stressed because they don't have the same language for their stress as adults, but they exhibit signs of stress that show that a hectic modern lifestyle is having a negative impact on their psychological well-being.

Yoga is great for stress management, for both kids and adults. Doing yoga with your kids means that you help them learn stress management strategies, you get in some positive non-screen time together, and BONUS – you get a workout!

Kids respond best to yoga when it is offered in a fun, playful, kid-friendly format. In fact, a yoga for kids approach can be great for anyone who has started feeling tired of and bored with their normal yoga routine. Try kid-friendly yoga books for a fun variation on reading time. Relax and Namaste!



Kimberlee Bethany Bonura, PhD, is #TheFitEnoughMom. Dr. Bonura is an exercise scientist, an Experienced-Registered Yoga Teacher with the Yoga Alliance, a certified personal trainer, and a certified group fitness instructor, and a working mom of two. Her mission is to help everyone realize that fitness can be fun and accessible – no stress, no guilt, and definitely no pain!