

Kids Need Access to Mental Health Days

Mental Health is becoming increasingly more talked about in our society. Stress can prevent us from doing our best work and cause us to not be fully focused. Too much stress will lead to burnout, causing even more stress. It is important to acknowledge when we need a break. This mental health break is important for kids in school too. Click here to read more of the importance for kids to take mental health days too.

<https://www.parents.com/health/mental/kids-need-access-to-mental-health-days/>