

## Mental Health Monday for 4/26/21



This week I would like to share an article from Tim Elmore called, [How to Help Generation Z Redefine Resilience and Overcome Life's Challenges](#). In this writing, Elmore suggests that we as parents, mentors, and teachers be a tour guide for our students to help them navigate life with resilience. While we all know that resilience isn't easy, it is something that will prove to be essential in raising up healthy, adaptable teens in an ever changing world.

We are in this together!

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