

Mom Talk (1:00)

So how are the kids? Well, Emily made the honor roll. Oh, good for her. Yeah, we're really proud of her. Tyler on the other hand though. What's going on? He's been moody lately, just feeling down and not like himself. Oh, we've been there. Nick was struggling last spring. He was so anxious and stressed. Really? What helped?

Well, he joined the soccer team and ever since, he's been a lot happier. He has more energy. He's less stressed and he's definitely in a better mood at home. It's made a huge difference. That's awesome. Yeah, I'm glad he's getting out of the house. He's getting some exercise and he's off his phone for once. It's been good for his mental health. Sounds like it's been good for your mental health too. Participating in South Dakota High School sports improved students' physical and mental health. Encourage your son or daughter to get involved.

This message presented by the SDHSAA and the South Dakota Interscholastic Athletic administrators Association.