

## Melissa Stuber Gift for Kids

Speaker 1

Here's fifth generation farmer Melissa Stuber on passing on resilience.

Melissa Stuber

I think a gift we can give to our kids as we think about the future is there will always be hard things coming. You just do the best you can with what you have. When you have joy in your brain, you find more joy in life. If you have worries and anxiety in your brain, you find more worries and anxiety and teaching them now when they're 13 and ten, don't just dwell on the hard things like learning that young.

I think we'll carry on.

Speaker 1

Let's help our kids learn to manage stress. To head to [beyond the weather.com](https://www.beyondtheweather.com) for more.