

Mental Health Resources for Families

Practice Self-Care:



Families, we are all experiencing more stress than ever with the uncertainty of COVID-19, the disruption of our daily schedules, the uncertainty of finance and of our future health and well-being. Our bodies respond to these current uncertainties and changes in a physical, mental, and/or emotional way. It's important that we identify and acknowledge our feelings and are able to manage our stress.

While you take care of yourself, you will not only lower your stress levels but you will also teach your children to value their own health and wellbeing. You can be the example you want your kids to be. Here are some tips to help manage your stress during these challenging times:

- 1. Establish a routine.**

Creating a healthy routine is important that should include enough hours of sleep, a regular eating schedule, exercise time, and some time to spend with family and friends.

- 2. Stay hydrated!**

Drink plenty of water which can help provide more energy, boost your mood, and keep your body healthy. Plan your meals so that more meals are health conscious intentionally adding more fruits and vegetables to your diet.

- 3. Do things that you enjoy.**

We all benefit from doing what we love! Seeing you cheerful may encourage your children to also do the things that make them happy. Allow yourselves to express what you enjoy and take the time to learn more about each other!

- 4. Your emotions are important.**

This is a challenging time for all and you are allowed to feel stressed, worried, and more. Acknowledge, notice and name our emotions...the more in control of them, the better we will be.

- 5. It's ok to say no...**

It may be helpful to set boundaries with family and friends, prioritize what

needs to get done, and be okay with knowing that not everything will get done.

6. Don't be afraid to ask for help.

Now more than ever, we need the support of those around us. Ask for help when you need it!

Here are some activities to try to with your family to eliminate stress and strengthen the family bond: Cook or bake a sweet treat of your child's choice

- Engage in yoga and/or mindfulness exercises
- Begin a journal. If your children are too young, they can draw or take photos of their daily activities.
- Host a movie night, karaoke or game night via Zoom with extended family members or zoom
- Go for a nature walk (following all safety precautions) collecting leaves or flowers that you find on the way. Begin a scrap book or press small blossoms in between books for an art activity.
- Take pictures! Put an album together with your favorite memories
- Do some arts & crafts and/or work on a puzzle together as a family

In addition, here are some online mindfulness resources to help you weather this storm:

YouTube Videos/Apps

- [Calm Classroom](#): Help children manage their emotions and feelings.
- [Calm](#) (calming nature sounds)
- [Happify](#) (games to reduce stress & build resiliency)
- [Mindshift](#) (tips to manage anxiety)
- [Covid-19 Tips for Kids](#) (cartoon)