

# TIPS FOR POSITIVE MENTAL HEALTH: SUPPORTING YOUR YOUTH THROUGH TIMES AHEAD



Focus on creating positive experiences, such as family game night.



Model healthy coping skills, such as deep breathing for stress management.



Monitor your TV & social media. Stay informed, but be aware of misinformation & the possibility of information fatigue or overload.



Take breaks from screens/technology and get out in nature.



Encourage healthy habits around movement, sleep & balanced eating. These support our immune system & overall well-being.



Check in and be in tune with your children/teen's mental health. Notice signs of changes in normal behavior, such as sleeping more than usual, and seek professional help when necessary.

## Resources:

<https://theconversation.com/how-to-help-your-child-cope-with-the-transition-back-to-school-during-covid-19-144530>

<https://www.ssmhealth.com/blogs/ssm-health-matters/august-2020/tips-for-a-smooth-transition-back-to-school>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19><https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?ua=1>

Some of the above the above tips are adapted from this list