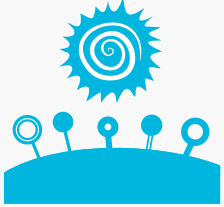


TIPS FOR MENTAL WELLNESS

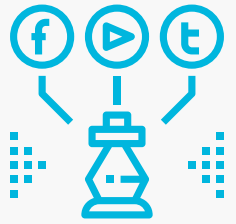


GET OUTSIDE

Fresh air and sunshine can help your body feel energized and rejuvenated. Take time out of your day to go on a walk with your family, eat lunch outside, or go for a drive around the neighborhood.

STAY CONNECTED

Stay connected with family, friends and support systems using technology like FaceTime, Zoom, Google Hangout and together video-based options. Talk about your fears and concerns with the people you trust. Chances are they are feeling the same way.



PRACTICE SELF-CARE

Self-care is an important aspect of stress management. There are many ways to focus on self-care such as making time to get enough sleep, eating healthy, creating time for leisure activities in your schedule and making sure to provide self-pampering experiences.

STAY ACTIVE

This is not only good for your physical health, but also your mental health. Periodically, get up and move around your home. Although gyms are currently closed, there are many free livestreams or app-based workouts available! Check out the following: Fitness Blender, Down Dog, and Planet Fitness.

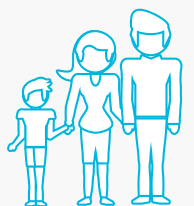


TRY NEW THINGS

While you have the extra time at home, use it to try new things! Take up gardening or sewing! Maybe you have always wanted to try to paint a picture! Brush up on your pitching skills with your kids! There are so many YouTube tutorials out there! Go and explore!

FAMILY NIGHTS

With the cancellation of play dates, birthday parties and sleepovers, your household calendar is likely wide open. Use this time to create new family memories by doing some of the following: host a family game night, have a popcorn and movie night, cook or bake together, or have a dance/fitness party!



CONNECT WITH US VIA FACEBOOK AND INSTAGRAM FOR MORE HELPFUL TIPS AND RESOURCES!

HOW TO TALK TO CHILDREN ABOUT COVID-19

REMAIN CALM AND REASSURING

Remember children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others. Try to remain calm and reassure them you are doing what needs to be done to remain safe.

BE AVAILABLE TO TALK AND LISTEN

Make time to talk with your children. Let your children know you are available if they have any questions. Take this opportunity to tell your children the facts and set the emotional tone. Your goal is to help your children feel informed and get the factual information from you and not what they are hearing from friends or on the news.

PAY ATTENTION TO WHAT IS SEEN OR HEARD ON TV, RADIO, OR ONLINE

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

PROVIDE INFORMATION THAT IS HONEST AND ACCURATE

Provide your children with information that is truthful and appropriate for your child's age and development. Talk to your children about how some stories on COVID-19 on the internet and social media may be based on rumors and inaccurate information.

TEACH PREVENTION ACTIONS

Kids feel safe when they know what they should be doing. Remind them to stay away from people who are coughing or sick. Teach them to cough or sneeze into a tissue or their elbow. Get kids into a hand-washing habit: using soap and water for 20 seconds or using hand sanitizer when available.

STICK TO A ROUTINE

During this time of uncertainties, it is important to stick to a routine. Especially when their normal school and after school care is cancelled. Structured days with regular mealtimes and bedtimes are an essential part of keeping your children happy and healthy.

CONNECT WITH US VIA FACEBOOK AND INSTAGRAM FOR MORE HELPFUL TIPS AND RESOURCES!