



A Monthly Insight of Practical Tools to Help Your Family

# Wellness Today

For Parents & Families

## Family Mental Health Lessons

One way to support your children is to teach them how to have good mental health. [The Hope4Utah website has family mental health lessons](#) to help you teach your children. Below are the topics included in the lessons:

- After a Suicide Crisis
- Bullying and Cyberbullying
- Communicating as a Family When Someone Is Struggling
- Coping and Problem-Solving Skills
- How to Talk to Someone Who Is Struggling
- Local and National Resources For Suicide Prevention
- Making a Difference: Helping the Lonely Friend
- Protective Factors and Resilience
- Reducing Access to Lethal Means
- Self-Care
- Social Media and the Internet
- Substance Abuse
- Talking About Suicide Prevention as a Family
- Understanding Warning Signs and Risk Factors

## Supporting Your Children During COVID-19

Traditionally, the start of a new school year is just around the corner, but with COVID-19, this school year will be anything but traditional. No matter how your school district has decided to proceed with the school year, there are some ways you as a parent can support your children.

- **Understand their frustration.** Your children most likely haven't been able to see friends at all, or at least not as often as they're used to. They have also had to miss out on many normal summer activities, and now schools will have many changes and much uncertainty. These changes can be difficult and frustrating for children of all ages! Here are some ideas on how to be understanding:
  - » Sympathize with your children.
  - » Validate their feelings of frustration and disappointment.
  - » Brainstorm ways to make the situation work, such as allowing more time on social media to communicate with friends.

- **Support remote learning.**

Chances are, your children will have to do some online learning this school year. Knowing how to help your children can be challenging. Although online learning may make you feel overwhelmed, stay positive. Chances are, if you complain or drag your feet when it comes to online learning, so will your children. Having some sort of routine will help ease anxiety and stress. Here are a few general tips to help:

- » Create a realistic schedule.
- » Set time aside for socializing and exercising.
- » Try a "work period," then a "relax period," and repeat during the day.

- **Encourage healthy habits.**

Even though school and activities will be different, try to keep your children on a consistent sleep schedule. Provide healthy meals and snacks throughout the day, and ensure they have time to exercise. Help them practice mindfulness, which is when they let themselves be okay with the emotions they're feeling and then allowing themselves to move on.