

FOR PARENTS



Tips to boost your mental wellness

Do you take time to prioritize your mental wellness? By following these simple steps, you can practice strategies to improve your mental well-being and strengthen you and your family's resiliency.

1

TAKE CARE OF YOUR BASIC NEEDS

- Take time to listen to your body.
- Eat regularly and seek out healthy food options.
- Participate in fun physical activities, daily.

GIVE IT A TRY! Look for healthy alternatives to increase your energy, such as fruits and vegetables.

PRIORITIZE AND RESPECT YOUR TIME FOR REST

- Commit to a consistent bedtime routine.
- Lack of sleep impacts our mood and can lead to increased stress for everyone.

GIVE IT A TRY! Track your sleep patterns in a journal. Then, reflect on any changes in your mood or attitude.

2

3

SET BOUNDARIES AROUND ENERGY ZAPPERS

- Recognize people and habits that drain your overall well-being. Limit your exposure to those energy zappers.

GIVE IT A TRY! Decide not to watch the news or check social media, avoid negative people, or swap your afternoon coffee for a glass of water.

FIND WAYS TO WIND DOWN

- Recognize when you've hit your limit mentally, physically or emotionally.
- Redirect your energy on a fulfilling activity.

GIVE IT A TRY! Spend 15 minutes meditating, watch a funny movie, or take a bubble bath.

4

5

SET REALISTIC GOALS

- You don't have to do it all.
- Prioritize tasks from most to least important.

GIVE IT A TRY! Delegate tasks that you are unable to prioritize, and reward yourself for each task accomplished.

BE PATIENT WITH YOURSELF

- Remind yourself that you're doing your best.
- Acknowledge difficult days, lower your expectations, and celebrate every win.

GIVE IT A TRY! Give yourself guilt free permission to skip chores, eat quick meals, or increase screen time.

6

7

REACH OUT TO OTHERS FOR SUPPORT

- You can't receive help if you don't ask for it.
- Asking for help shows great self-awareness and strength.
- Are you concerned about your own mental health? Call Horizon Behavioral Health at 434-477-5000.

GIVE IT A TRY! Create a list of family, friends, and neighbors that you can reach out to in a pinch.

Mental Wellness & Resiliency *For Kids*

Tips to support your child's mental wellness.

Every parent wants to see their child reach their full potential. By taking these simple steps, supporting your children can be fun, rewarding, and enjoyable for the whole family.

01

**SHOW AFFECTION
+ FOCUS ON THE
POSITIVE**

Recognize your child's accomplishments, reinforce positive learning, and praise them for good behavior.

Show your child how healthy eating, regular exercise, and rest can be fun and rewarding.

02

**TEACH YOUR CHILD
THE IMPORTANCE
OF SELF-CARE**

03

**MAINTAIN A
DEPENDABLE DAILY
ROUTINE**

Establish consistent times for schoolwork, housework, bedtime, and of course, time for play.

Set clear expectations and consequences for acceptable behavior. Setting clear rules are an effective way to teach, guide, and protect your child.

04

**ESTABLISH
CLEAR RULES
+ STICK TO THEM**

05

**PRIORITIZE
FAMILY FUN**

Spending time together as a family reassures children that they are loved, valued, and boosts their confidence.

Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations.

06

**RECOGNIZE BREAKS
ARE NECESSARY**

07

LAUGH OFTEN

Laughter reduces stress hormones and boosts the immune system. Try telling funny jokes, drawing funny pictures, or making silly sounds.

If your child is acting out, put aside your anger or frustration and try to connect with them to find the underlying cause.

08

**TALK TO YOUR
CHILD ABOUT HOW
THEY ARE FEELING**

Are you concerned your child is struggling with their mental health? Horizon Behavioral Health provides care and support for children as early as age two. Call to request an appointment at 434-477-5000.