

Staying Well During Times of Uncertainty

We all have mental health. Mental health is how we think, feel and act. During times of uncertainty, it is normal to struggle with mental health. There are things that you can do to promote your own mental wellness, take a look!

Students

- **Share how you are feeling**
 - *Talk to a trusted adult
 - *Talk to a friend
 - *Write it down or draw it
- **Take care of your body**
 - *Exercise
 - *Eat Healthy
 - *Get Outside
- **Practice good hygiene**
 - *Keep your body clean and free of germs!
- **Stay connected with family and friends**
 - *Phone calls, emails, letters are all ways to stay connected. Social distancing does NOT mean social isolation
- **Strive for structure**
 - *Follow a routine
 - *Set daily goals, even small ones!
 - *Focus on what you "can" control

Parents

- **Talk to your children**
 - *Share age appropriate information & facts
- **Allow children to ask questions**
 - *It's ok if you don't know the answer!
- **Support continued connection**
 - *Encourage continued connection to family and friends through safe means of communication
- **Provide structure & routine**
 - *This helps children feel safe and secure
- **Take care of yourself!**
 - *Modeling self-care helps children to learn healthy habits
 - *Decreases stress
- **Focus on what you CAN control**

