

Talking About Mental Health Sept 2018 – Heading Back to School

Hope that you had a wonderful summer! Transitioning back into school as summer ends can be exciting but also can be stressful for some children and families. As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year for all.

1. Take care of your body

Mental and physical health are linked. Make sure to get enough sleep, drink water, and eat well.

2. Talk to your child/ren

What did they like and enjoy about last year? What are they looking forward to this year? Have children name one thing they are looking forward to and one thing they are not looking forward to as much.

3. Identify strengths and challenges

Have them name 2 things they are good at in school and two things that they think might be more difficult. Strategize some ways to deal with challenges. At the end of the day reflect any strategies used and encourage them to try new strategies to build their coping tool kit.

4. Problem solve with your child/ren

Provide your child opportunities to make their own decisions and to come up with solutions for their concerns. Remember to keep your expectations realistic and age appropriate.

5. Remain calm, and show your child trust, support and love when they are feeling stressed, anxious and worried.

Have a wonderful and mentally healthy school year!