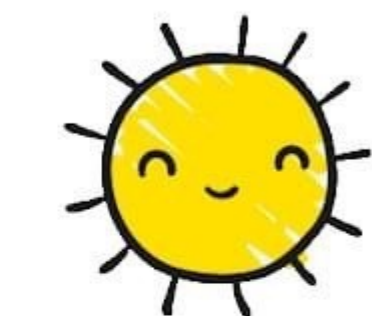


Self-Care & Mental Health for Kids



Encourage your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them like they belong.



Focus on articulating feelings.

"I'm angry," "I'm sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself; set the standard.

Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.