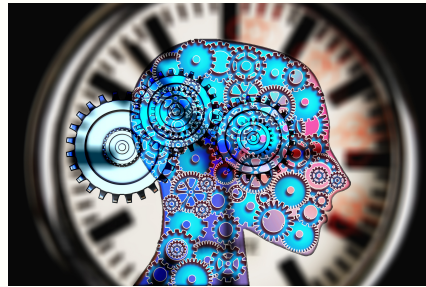


KEEPING YOU AND YOUR STUDENT MENTALLY HEALTHY



5 TIPS ON HOW TO HELP YOUR STUDENT COPE:

1) BE A GOOD ROLE MODEL: KIDS WILL REACT TO & FOLLOW YOUR REACTIONS. THEY LEARN FROM YOUR EXAMPLE.

2) PROVIDE PERSPECTIVE: EMPHASIZE TO KIDS THAT, WHILE WE DON'T KNOW WHEN OR HOW IT WILL HAPPEN, EVENTUALLY OUR CURRENT CIRCUMSTANCES WILL CHANGE.

3) HELP YOUR CHILD STAY ACTIVE: REGULAR PHYSICAL ACTIVITY CAN IMPROVE YOUR CHILD'S PHYSICAL AND MENTAL HEALTH.

4) HELP YOUR CHILD STAY SOCIALLY CONNECTED: IT IS SO IMPORTANT TO STAY CONNECTED TO FRIENDS. MAKE SURE THEY REACH OUT TO FRIENDS AND FAMILY VIA PHONE OR VIDEO CHATS.

5) GIVE THEM A SENSE OF CONTROL: BY WORKING TO FIND WAYS THAT WILL ALLOW YOUR CHILD TO FIND A SENSE OF CONTROL THEY CAN KNOW THAT YOU VALUE THEIR IDEAS WHICH CAN MAKE DISAPPOINTING SITUATIONS EASIER TO HANDLE. HOW DO THEY WANT TO SPEND THEIR FREE TIME? WHAT PROJECTS MIGHT THEY ENJOY DIGGING INTO?

TIPS FROM COREY ESPELETA, CHMS SCHOOL COUNSELOR.
TAKEN FROM RESOURCES AVAILABLE ON PAGE 2.