

WAYS FAMILIES CAN ENCOURAGE POSITIVE MENTAL HEALTH HABITS



1 TALK OPENLY ABOUT MENTAL HEALTH

There is stigma surrounding mental illness which discourages people from talking about any mental health challenges they may be facing. Talking openly about mental health promotes a safe environment that will encourage them to seek support and help when it is needed.

2 MODEL YOUR OWN HEALTHY HABITS

Children learn by observing. As you model positive mental health habits, helps you and demonstrates how to manage life's stressors. Support them in finding and developing their own strategies and interests to sustain good mental health.

3 SPEND TIME TOGETHER AS A FAMILY

Children need love, time and attention. Setting time aside to be with your child produces a stronger bond, makes them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge the mental health benefits of the activity.

4 PARTICIPATE IN COMMUNITY OR VOLUNTEER ACTIVITIES

Children will meet and connect with new people. They will experience a sense of belonging and purpose, and will learn how to relate to others.

5 ENCOURAGE REGULAR EXERCISE

Physical exercise is one of the most effective strategies for maintaining a healthy mind. Exercising stimulates chemicals that improve our moods and allow us to channel negative energy positively.

6 PRAISE YOUR CHILD'S EFFORTS AND BEHAVIOR

When we are praised, we feel good about ourselves, and our confidence and self-esteem increases. Praise can also help to motivate kids and encourage them to continue to try new things.

For more info: www.mentalhealthdnys.org

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