

6 Ways to Encourage Good Mental Health Habits



Developing healthy coping strategies is not an innate ability and as children continue to grow, there are some ways parents and caregivers can assist in helping them obtain good mental health habits.

1. Talk openly about mental health.

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There is still a stigma surrounding mental health disorders which discourages people from talking about any mental health challenges they may be facing. When we talk openly about mental health, we are promoting a safe environment that will encourage youth to seek support and help when it is needed.

2. Model your own healthy habits.

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Children learn by observing. When adults use positive coping strategies to manage life's stressors, youth are more inclined to develop and use their own strategies.