



# TIPS for Mental Well-Being

Try these activities and approaches to support your mental wellness and that of your child.

## Practice wellness activities together.

- Take time out for meditation, breathwork, yoga, tai chi and other wellness activities.
- Young children can learn how to meditate, too. Ask them to sit with their eyes closed and imagine a garden. Help them imagine walking through the garden, feeling the grass under their feet, smelling the flowers, watching the rain fall and seeing the sunshine through a rainbow.

## Get moving.

- Stretching and doing simple exercises together can be great for both your fitness and your sense of social connection.
- Doing chores or cleaning up together can be fun activities that get you moving.

## Share gratitude

- Taking time to talk about something good that happened during the day can be an especially powerful way to stay connected and focused on the positive.

## Seek help if you need it.

- Persistent depression or crying, severe defiant behaviors or aggression may be warning signs that indicate significant issues.
- If your employer sponsors an Employee Assistance Program, it may offer services designed to support parents. These services commonly help with finding child care. Some may now include resources for locating virtual nannies, child care and babysitting. Parenting help is usually offered, and so is counseling for children and families.
- The EAP is frequently the best place to start when you need support for yourself. You can find services to help you cope with stress, manage your mental health or substance use issues, or start counseling or therapy.

Need more ideas on how to help kids practice mindfulness?

Here are [12 calming exercises to teach your child.](#)



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