



Socially Distant, Emotionally Present

As we all navigate this unique time and transition to a "new normal," even though we are urged to physically distance from one another, it is still important to remain emotionally connected and present to our loved ones. Social distancing guidelines have taken a toll on the emotional wellness of both adults and children. Try these techniques to improve or maintain emotional wellness while practicing social distancing to protect our family's physical health.



Focus on the positives and the things we can control

- *Relationships* – Even though a myriad of sporting events, concerts, and family functions have been suspended or postponed, our relationships remain. Reach out to a family member who you have not spoken to in a while. Catch up with them and schedule a time to video chat with several loved ones.
- *Language* – Reframe your thinking in the words that you use. When possible, try to use positive language and terminology to describe the current situation. Instead of saying to your child, "Sorry, your sport season is cancelled," instead say, "This is an opportunity to practice this sport and become better or even try something new!" This is not only helpful for children but is a benefit for adult mental and emotional health as well.
- *Self-Care* – Be sure to take time out of your day to prioritize your mental health. Engage in a minute of mindfulness. Take a deep breath. Do something that helps you relax and center yourself before you return to the stresses of everyday life.
- *Stay healthy* – Involve your family in preparing healthy, well-balanced meals and remember to drink plenty of water. Get the family outside for some fresh air and sunshine. Remember to practice social distancing. Improving your family's physical health will improve their mental health as well.

Check out these digital resources for your child at StressHappens.org

- *Stress Happens! You've Got This!* – Learn how you can build resilience through taking care of your body and managing stress.
- *Healthy Boundaries!* – Learn how to set personal boundaries and to respect others.
- *Be A Food Groupie* – Discover how food fuels the body and how it is important to eat high-quality and healthy foods to feel our best.
- *10 Ways to Release Stress* – Learn strategies to manage stress for younger kids
- *Be A Friend Be A Hero* (live webinar) – 5th and 6th grade students will learn about the qualities of a good friend and tips about how to make the transition to middle school easier.

Mental Health Expert Videos

- Watch videos that discuss topics including parenting during the coronavirus pandemic, mindfulness, and explaining coronavirus to children.