Self-Care & Mental Health for Kids
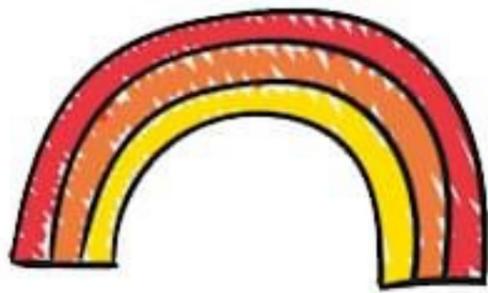
Share your own feelings to encourage self-awareness.

Find social groups that help them feel like they belong.
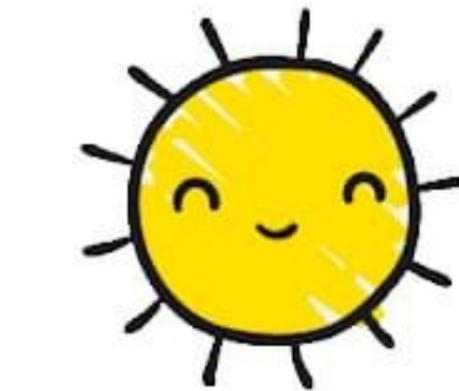
Set aside time for low-stress or solo activities.

Focus on articulating feelings. "I am angry." "I am sad."

Encourage journaling and diaries.

Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.