



TAKE CARE TOGETHER

5 TIPS FOR PARENTS & KIDS



1. Talk About Feelings Together

Make it normal to share emotions at home. Ask your children and teens how they're feeling and share your own feelings, too. Honest conversations help kids understand that all feelings are okay.



2. Take a Mindful Pause as a Family

Pause for a few minutes to breathe deeply, stretch, listen to music or take a walk together. Small mindful breaks can help everyone calm down, reset and regulate their body and emotions.



3. Practice Gratitude

At dinner or bedtime, ask each family member to name at least one thing they're thankful for. Focusing on gratitude builds positivity and emotional strength.



4. Unplug and Reconnect

Put away phones and screens for some screen-free time to connect each day. Play a game, cook dinner or take a walk together — real connection matters most.



5. Know It's Okay to Ask for Help

Remind your children and teens that everyone needs help sometimes — including grown-ups. Reaching out for help shows courage and strength.

Today and every day, caring for mental health starts at home. Celebrate World Mental Health Day by taking care - together.



Learn more and find family resources at bstrongtogether.org

