



Mental Health

From: NAFCS Social Workers and Case Managers
Parents & Family

Staff

Let's face it: COVID-19 has made raising kids more challenging for families & It's OK if things aren't going as planned.

COVID-19 has affected everyone in some way so how is your child feeling ?



Self-Care activities to manage some emotions like anxiety, fear, & stress:

- Connect with friends and family members who are supportive (virtually or social distancing).
- Engage in physical activity/exercise.
- Get enough sleep, practice mindfulness activities such as meditation, coloring, & writing.

What is the best way to support kids emotionally right now?

- Children & caregivers need lots of *Flexibility* right now.
- Structure creates a sense of *calm & normalcy*: Daily schedule (in person or online schooling)
- Include fun & creative activities.
- Practice *Self-Care & listen to child's feedback*.



“IF WE TAKE GREAT CARE OF OUR SELF, WE’LL DO OUR BEST WORK FOR OUR STUDENTS.”

Here are some ways for Staff and Leadership to promote mental health during a pandemic:

- Communicate Clearly- consistent & empathetic communication.
- Check in- Asking how someone is doing goes a long way.
- Listen well & Be Present - Take the time to stop & listen to any concerns, thoughts, and feelings.
- Encourage Self-Care- Self-Care is not selfish it is OK to take time out of your day to take mental health breaks.
- Emphasize the importance of mental health- Talking about mental health will help overcome the stigma of mental health & instill courage in others.
- Allow Flexibility
Have Fun- Celebrate the little things!

