

No 1: How to help your child stay emotionally healthy

Anxiety is normal. We all experience it at times, it is needed to help us function, explaining this to your child can help reassure them and encourage further conversations.



Five Ways to Wellbeing

There are five ways you can help your child stay emotionally healthy by making sure they do normal things:



1. **Connect - Spend time with family and friends.** Enjoy doing things together. Talk to family, friends or teachers if you have lots of worries.
2. **Be active - Exercise is good.** It makes you healthy, and makes you FEEL GOOD! You need proper rest and avoid digital devices (phones, Xbox, PlayStation, etc.) for at least an hour before bedtime.
3. **Keep learning - Try something new.** Try a new hobby, visit somewhere new or make a new friend.
4. **Take notice - Take a break** to see how you feel. Relax and look around you or listen to music, take a few deep breaths.
5. **Give - Do something** for a friend or relation/adult, as well as making them feel good, it can make you feel good too.

Maybe parents could try some of these tips too!