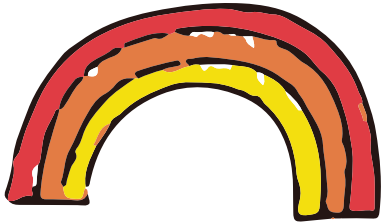
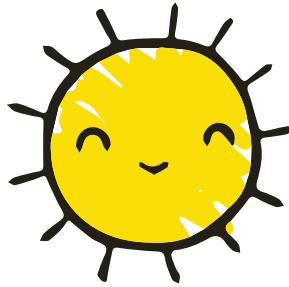


SELF-CARE & MENTAL-HEALTH For Kids



Share your own feelings to **encourage** self-awareness.



Set aside time for **low-stress** or solo activities.

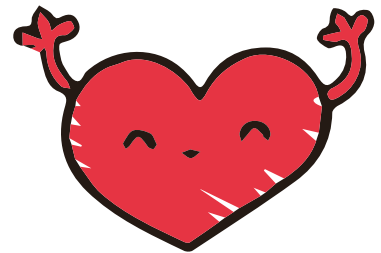


Find social groups that help them feel like they **belong**.



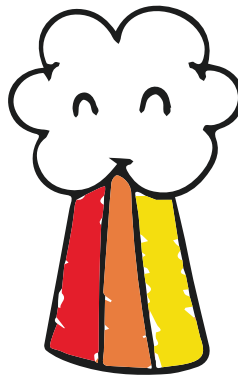
Focus on articulating **feelings**. "I am angry."
"I am sad."

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.

Blessing Manifesting.

Cultivate interests and **hobbies**.

If your child is struggling with mental health contact **956.388.1300** or visit STHS Behavioral Center for a consultation.

