

10 TIPS

FOR PARENTS

COPING WITH ANXIETY

1.

Create routines not only for your children, but for you as well!

2.

Take breaks from the news and social media.

4.

Always **be transparent** with your children, but try not to worry them.

3. **Stay active.**

5. Focus on the things you **CAN control.**

6. **Find your peace.**

7. Stay connected with **family and friends.**

8. Find a **support system.**

9. Pick up a **new hobby** and involve the kids from time to time.

10.

Practice **self-care.**

MENTAL HEALTH
AWARENESS MONTH