

# MENTAL HEALTH NEWSLETTER



## Back-to-School Mental Health Tips

### INTRODUCTION

Every month this newsletter will discuss topics related to mental health and wellness, while providing resources for our Drew parents and community.

### PSYCHOEDUCATION

As the school year begins, parents and students are out of practice with the school routine. It is always a time of adjustment, which may bring on a level of anxiety. Remember, every child is unique, and their needs may vary. It is essential to tailor your support to your child's individual circumstances and personality.

### Peace of Mind

Parents and caregivers may notice nervousness surrounding new routines, schoolwork, and social interactions. **Indicators may include**

- Difficulty getting along with family members or friends
- Avoidance of normal activities in and outside of school
- Worrying a lot of the time; feeling guilty but not sure why

### PARENT SUPPORT

#### **Be aware and supportive.**

Recognize your children's concerns or anxiety, and talk about their fears. Be patient as they work through loss of the way things were.

#### **Maintain a normal daily routine.**

Stay hydrated, try to keep up with a healthy diet and focus on increasing physical activity during the day. A healthy body helps maintain a healthy mood and mindset.

### CARE PACKAGE

#### **Mood Jar**



Help your students identify activities they can engage in that will help if they feel anxious or low. Write them down and place in the jar. This can be done with the entire family.

For additional resources and information please contact the Behavior Health Clinician at [akosua.frampton@drewcharterschool.org](mailto:akosua.frampton@drewcharterschool.org)