



A Monthly Insight of Practical Tools to Help Your Family

Wellness Today

For Parents & Families

Mental Health Month

Did you know that in the United States, 1 in 5 adults experience mental illness? Or that 1 in 6 children (aged 6 to 17 years) experience a mental disorder? Despite the prevalence of mental health illness and disorders, those who struggle with them often feel alone.

Since May is Mental Health Month, here are some ways you can help raise awareness so those who struggle don't feel alone:

- Ask people how they're doing.
- Share your struggle (if applicable) with mental illness.
- Share mental health resources on social media.
- Encourage positive language that doesn't feed into the stigma of mental illness.
- Educate yourself about mental illness.

Additional resources to help you raise awareness:

- The National Alliance on Mental Illness's [mental health infographics and fact sheets](#)
- Mental Health America's [May is Mental Health Month toolkit](#)

How to Help Your Children Manage End-of-School-Year Stress

As the end of the school year approaches, so does the end-of-school stress. Your children may be stressed about tests or grades, saying goodbye to friends, getting ready for college, and everything in between. Here are some ways that you as a parent can help your children manage that stress.

Ways to Help Your Children Manage End-of-School-Year Stress

• Be their cheerleader.

Support and encourage your children in their school-work. Show genuine interest in what they're learning. Provide them with supplies they might need for tests or end-of-the-year projects. Always offer an encouraging word.

• **Create a schedule.** Having a set schedule or routine could take some stress off your children and help them better manage their time. Come up with a schedule together that includes a bal-

ance of study time, downtime (such as participating in activities they enjoy, socializing with friends, etc.), and family time.

» The key here is not to over schedule.

• **Ask questions that align with your family's definition of success.** If you only ask your children what grade they got on a test or in a class, they will believe that grades matter most. If that isn't your family's definition of success, try asking questions such as, "What did you learn today?", "What did you do with your friends?" or "How do you feel about your day? Why?"

• **Show unconditional support and love.** Through your actions and your words, let your children know that they are loved no matter what.

Though stress in school is normal, especially as the school year wraps up, take action if you suspect your children may be overstressed or if their stress is causing depression or other mental health illnesses.