

BACK TO SCHOOL? R.E.L.A.X.



Rest: Make sure your children get enough of it

Children need plenty of sleep under normal circumstances (nine hours per night are recommended), but especially during stressful times. To help your children sleep soundly, reduce their television time and have them avoid caffeinated drinks late in the day. Quieter activities, such as reading, will help them wind down.



Emphasize your children's strengths

You should encourage your children to use their strengths in a positive way. Spending time with friends also helps lessen stress.



Look for healthy outlets for stress

Physical activity is not only an important component of physical health. It also can help children cope with mental stress. You can also encourage your children to listen to music or find hobbies that make them happy.



Axe your bad mood by getting outside

The weather is often still summer-like when the school year begins. Being outside can boost your children's mood. Taking a few extra minutes to spend time outdoors each day can make a big difference in your child's state of mind.

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