

Mindful Minute

A Mental Health Resource for Parents



Back to School Snapshot

The transition back to school can be stressful for both students and parents. New challenges, unfamiliar classrooms, fear of the unknown, separation from home, and even the expenses for supplies and clothing can all contribute to feelings of stress and anxiety. These emotions are normal and often manageable, but if you become concerned about your child, do not hesitate to reach out to the school counselor or your child's doctor.

How Can You Help?

Routines

- Stick to a regular routine.
- Give yourself enough time for daily tasks.
- Make time for rest or family.
- Plan ahead and use a calendar for events.
- Do not take on too much.
- Get good sleep by keeping phones out of the bedroom.

Communication

- Check-in with your child often, especially if you notice something may be wrong.
- Listen and try to understand their feelings.
- Ask questions like:
 - *I'm here for you. How can I help?*
 - *What can I do for you?*
 - *What do you need from me?*

Support

- Offer your child support and let them know they are not alone.
- Tell your child that it is okay to ask for help.
- Have your child take brain-breaks when feeling frustrated.
- Possible brain breaks:
 - Take a walk.
 - Get outside.
 - Make a snack with your child.
 - Play a game with your child.
 - Play an upbeat song in the house.



Develop a Family Agreement

Work as a family unit to create a communications agreement which can open the door for frequent communication. You can decide on things like:

- What needs to be addressed?
- When and where should we have these conversations?
- How will questions or concerns be discussed?

Open and honest communication can make each person feel valued and allows each person to share opinions, feelings, and concerns.

Self-Care Corner

Set aside a few moments each day to unwind and relive stress.

1. **Pick up a hobby.** Rediscover activities you enjoyed in the past or pick up something new.
2. **Practice deep breathing.** Breathe in deeply for 4 seconds, hold your breath for 4 seconds, and exhale for 4 seconds.
3. **Move your body.** Exercise releases the feel-good chemicals and has health benefits as well.
4. **Ask for help when you need it.** Call a friend, a doctor, or professional if you need help.

TCHATT Services

The [Texas Child Health Access Through Telemedicine \(TCHATT\) program](#) is a [free](#) school-based service available for students in Pre-K through 12th grade. TCHATT provides time-limited mental healthcare for children and adolescents.

Contact your school counselor for more information!



Extra Resources



Scan the QR code to explore a variety of mental health articles and videos.