

Parenting Through A Pandemic

BEYOND 2020

Helping Families Be Mentally Healthy in 2021

REVIEW:

VALIDATE

Identify the experience and HOW you experience it.

START A DISCUSSION

Open a discussion about what the experience is and what we want.

NOTICE MINDSET

Where are we investing our energy? In what we want? Or what we don't want?

MOVE

Get active. The more we move our body, the more mind-body connection strengthens.

CHALLENGE EXPECTATIONS

Are we focused on how things **should** be or how we would like things to be?

PLAN

Plan for the now. Notice when the mind is wandering to the future/the unknown.

