

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

START THE NEW YEAR WITH GOOD MENTAL HEALTH HABITS

DAUPHIN COUNTY MH/A/DP
JANUARY 2024- MENTAL HEALTH TIDBIT

Keeping our brain in shape is just as important as physical fitness. Try doing one of these tips every day!

Good Mental Health Habits For Parents

- Write down one thing you want to do this weekend – and do it.
- Plan a family activity night, like game night or movie night.
- Ask your children to share one thing they like about themselves and why?
- Focus on the positive, try not to complain about anything today.
- Send a text message to someone you miss.
- Get some sunshine. Take a walk.
- Read a book. Eat healthier.
- Go to bed a half hour earlier.

Good Mental Health Habits for Adolescents/ Teens

- Make a list of three things you want to do this year – and try to do them.
- In the morning, talk about what you are most excited for that day.
- Over dinner, talk about one thing you are grateful for.
- Limit your online social-media time today.
- Limit your cellphone/texting time.
- Learn to play an instrument if you are interested.
- Enhance your creative arts and crafts skills (writing, music, art and theater)
- Assist with preparing nutritious meals that nourish your brain and body.
- Get enough sleep.

Good Mental Health Habits for Younger Children

- Draw a picture/ Color a picture.
- Play age-appropriate games just for fun.
- Go outside. Go for walk, visit a local park.
- Eat more fruits and vegetables and less sweets.
- Get a library card for your child.
- Read to your child and sing songs together.
- Get enough sleep.

The best way to care for your mental health - and your child's mental health - is the approach what works best for you and works best for your child. In some cases, professional help may also be needed.

Excerpts: [How to Practice Mental Fitness - On Our Sleeves](#)
[Habits to Improve Mental Health: 8 You Can Try Today \(healthline.com\)](#)