



ADDING APPLICATION TO THE 6 FAMILY HABITS FOR MENTAL HEALTH AND WELLNESS

- Normalize talking openly about our struggles.
 - o These conversations start with you as parent! Model vulnerability while sharing age-appropriate stories/struggles.
- Practice active listening and value honest conversation
 - o Avoid asking yes/no questions and listen to understand.
 - Replace yes/no questions with “What are you feeling/thinking”?
“How can I help?”
- Combat negativity with gratitude
 - o Be problem solvers, instead of problem makers! Encourage your family to talk through what how we can fix problems instead of focusing on the worst outcomes!
- Share the best and worst parts of our day with each other.
 - o End each day with what is your high and low for the day!
- Craft intentional unplugged time together without screens
 - o Use times such as: mealtime, bedtime, and drive time to make conscious check-ins.
- Commit to holistic wellness: walk, journal, pray, sleep.
 - o Weekly family walks, discuss your daily/weekly dwell reading, no screens at bedtime to reinforce rest.
 - o Take a wellness audit together – what are ways that as a family you need to grow in physical, mental, and spiritual wellness?

HELPFUL RESOURCES

Our prayer is that these guides and resources below would allow your family to have open and honest conversations as you navigate mental health together.

[Suicidal Thoughts](#)

[Anxiety](#)

[Depression](#)

[Bullying](#)

[Eating Disorders](#)

[Pornography Addictions](#)

[Sexual Abuse](#)

[Self Harm](#)

[Grief](#)

[Difficult Conversations](#)

[Shame Free Parenting](#)