

# CHANGE THE FREQUENCY

## EVERYONE HAS THE POWER TO CHANGE THE FREQUENCY—

Change the Frequency of which mental health awareness is understood, communicated, and practiced at home as we adjust to new routines—to shape positive habits and healthy coping techniques for everyone in the family.

Incorporating small, daily routines at home can make a lasting impact in the mental wellness of your family. Use the checklist below to get started!

## FOSTER SAFE AND SUPPORTIVE ENVIRONMENTS

- Develop a deeper understanding of your own mental well-being and learn healthy coping skills and strategies for improving personal wellness.
- Establish goals and intentions daily for learning and processing of thoughts and feelings regarding COVID-19 and the change it has created.
- Make space. Everyone will need some time and space now and then to process, reflect, or relax alone. Some will need more of this time than others.
- Build trust and transparency by welcoming questions and providing accurate and age-appropriate information regarding COVID-19, its effects on the world, and how to prevent its spread.
- Get to know your family's passions and interests individually and as a unit beyond academic learning.
  - Encourage outside time. Visit an Indiana State Park or make a new habit of taking a daily walk before or after dinner.
  - Get creative. Create, craft, or cook together. Involve young people in daily activities in a creative way. Don't be afraid to make mistakes and be silly. Playtime is important and meaningful for both adults and young people.
- Learn together. Take a virtual museum tour with youth and use it as a jumping-off point for a history, art, or science lesson.
  - Take time for the basics and care for your body. Eat plenty of fruits and vegetables, drink enough water, and make sure to exercise regularly and practice good sleep hygiene. These actions go a long way in helping our bodies and minds adapt to change.
- Understand that everyone in the family may respond differently to their environment and encourage family members to communicate their needs as clearly as possible.