

TIPS FOR EMBRACING BALANCE & WELL-BEING

NURTURE YOUR CHILD'S MENTAL HEALTH

Mental health affects the way people think, feel and act. Taking care of our mental health is just as important as having a healthy body. As a parent, you play an important role in your child's mental health. You can promote good mental health by the things you say and do, and through the environment you create at home.

► Focus on What You Can Control

In this time of uncertainty as we are craving answers, security and comfort, concentrate on things we can control. Think about how time is spent with family. Look at creating rituals as a family such as taking walks, starting a hobby, or creating a special bedtime routine with little ones. Giving energy to these things may be helpful in putting your mind and your families at ease.

► Make a schedule

When we are stuck at home, it can be so easy to fall into unhealthy routines. Set a new schedule—and add some fun elements to it as well.

► Me-care

Me-care is a great way for all of us to reduce stress. Encourage everyone in the family to find a method of me-care that works and follow through doing it daily. It could include music, reading a book or simple taking a few moments to rest.

► Create Happy Hours (Even Virtually)

Social networking is a great way to stay upbeat and feel connected. This can be done by planning virtual dates. Make contact with one friend or family member each day through Facetime, Skype or Zoom.



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

Learning Corner: Games and Play to Help Kids with Skills



Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence.

[Click here](#) to read full article with games and resources for your child's age group.

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.

Be **kind** to yourself and each other. We'll work through this together.





HOW TO DECLUTTER AND ORGANIZE YOUR HOME

Source: Chris Simpson Getevolved.com

Most of us are spending more time in the house these days than we're used to. That means it's more important than ever to make sure your home is organized and pleasant to live in. [Research has shown](#) that clutter isn't just inconvenient, it can increase stress and dissatisfaction at home. If you're ready to spend some time curating an organized and livable space, here are a few tips for clearing the clutter and getting everything in order.

Pace yourself. Decluttering and organizing your entire home can feel like an unattainable task if you look at it all at once. Instead, plan to tackle it in stages.

You might start by going through a specific closet, all the bookshelves, or your clothes — you don't have to complete it all in one stroke. It may be a good idea to set a decluttering schedule that you can follow over the long-term, not just when you're feeling inspired.

Give every item a home. Unless this is your first organization rodeo, you've probably already tried to give every item in your house a place where it belongs and form the habit of putting items back where they belong after use. But if you've found that it hasn't stuck, it may be time to reevaluate. Choose places that make sense not just for what the item is, but how and when it's used. For example, if your coat closet is far from the front door, you might choose to put up a coat rack by the door instead.

Learn to say goodbye. Tidying expert Marie Kondo has made a living out of teaching people to get rid of their unnecessary possessions with the [KonMari Method](#). Think about when you last used an item, and ask yourself if it's worth the space it takes up in your home. Don't fall for the sunk cost fallacy, which says that you should keep something just because you invested a lot in it. Instead, try to keep only items that either serve a purpose or bring you happiness in some way. Sell, donate, and throw out the rest to clear up space in your home.

Get everyone on the same team. If you live with a partner, a roommate, family, or children, make sure they're all on board for the decluttering squad. Instead of fighting an uphill battle tidying up while others redistribute the mess, work together to form a plan of action and set goals. This is a great opportunity to teach kids about the value of straightening up!

Once you've gotten everything in order, it's also important to learn to maintain it. Try establishing a designated place for things that need to be dealt with (like mail, items that need to be returned to friends, things that need to be repaired, etc.) and then set a day that you'll go through those things and deal with them, such as every Saturday. Remember, decluttering shouldn't be stressful — the goal is to reduce stress! Instead, learn to build it into your regular routine so you can feel more in control over your space in the long term. The more organized your space, the easier it is to enjoy being present there.

If you buy one, Moe's will give one

For every Taco Kit sold, Moe's will give one to a local family in need through its partnership with Family Promise!

Visit either Forsyth County Moe's Southwest Grill location to purchase a meal and have one donated to a family in need.



Family Promise of Forsyth County will begin sharing meals with families weekly on May 13. If your family is in need or you know a family in need, visit fpcforsyth.org for more details.

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