

Wellness

TIPS FOR EMBRACING BALANCE & WELL-BEING

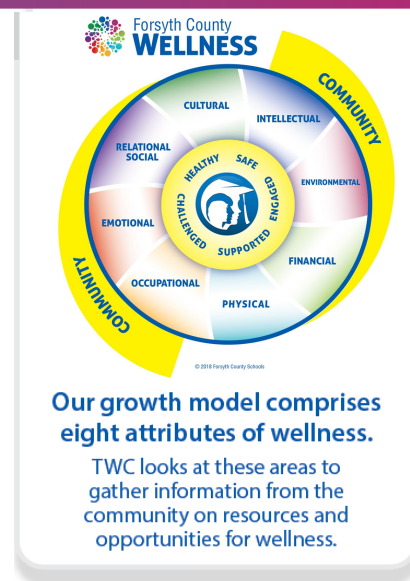
Parenting, Media and Everything in Between

Feeling anxious is a natural reaction to having your whole life upended for an undetermined period of time. We all feel it and although our kids are troopers taking bad news, adjusting to different learning environments and more days in isolation, it's clear that life can take a toll on our mental health. They worry about school, safety of their families, culture and climate issues going on in the news, etc. We can't underestimate the role of news and social media on our kids' emotional states. A certain amount of Snapchat, TikTok and Instagram makes kids feel connected but too much could make them feel more lonely & anxious. It makes sense that tweens are now having similar stressors as the age of smart phones & social media gets younger & younger. The recent Netflix documentary, [The Social Dilemma](#), shares that the mental health and social media use has had an unprecedented incline on mental health issues. And those feelings are heightened for kids who are already prone to negative feelings.

The few bright spots in current surveys offer some ideas for what you can do to support kids' well-being during rough times:

- **Family is more important now than ever**
- **Face Time can grow real connection**
- **Talking about gratitude helps**
- **Exercising helps calm anxious minds**

You can set the emotional tone by talking to them about their media, digging into their feelings or discussing on family evening walks. Acknowledge loss of important milestones (birthday parties, sporting events canceled, self quarantine from school due to exposure, etc). Create new routines that provide a sense of stability (family movie nights, game tournaments, video chats with family & friends, mealtime, bedtime routines, etc). Look for positives, encourage discussions on information and misinformation. Reinforce that they are loved, they belong and they have purpose! Honestly, all your kids really need from you right now is to be their parent. You don't have to be superhuman. Emotional support goes a really long way toward helping kids feel safe, secure, & loved.



Helpful Links

COVID-19 RESOURCES IN OTHER LANGUAGES

PARENTS AND EDUCATORS GUIDE FOR SOCIAL MEDIA

RESTART FORSYTH COUNTY SCHOOLS UPDATES

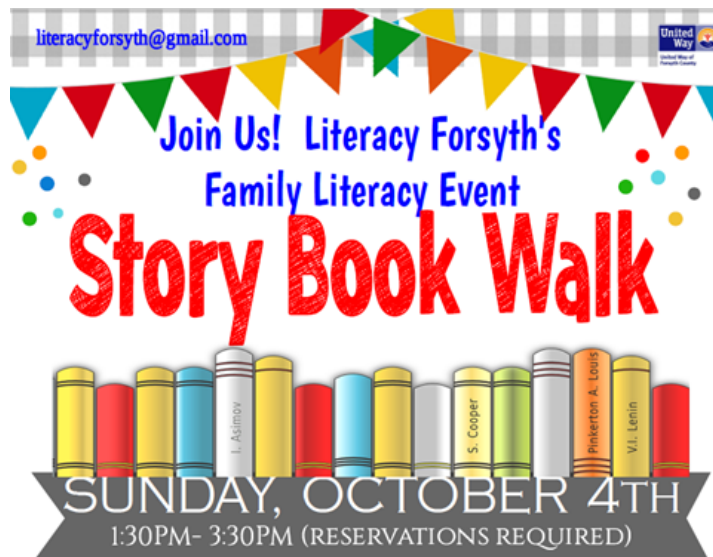
FREE GUIDED MINDFUL MOMENTS (AUDIO)

TIPS AND SCRIPTS FOR MANAGING SCREEN TIME WHEN SCHOOL IS ONLINE



Click here! We need your help!

Forsyth Community Wellness News



Click [here](#) to Apply for Holiday House

Be a Home Delivery Hero. Volunteer with less contact, check out [Mealsbygrace.org](https://www.mealsbygrace.org) to assemble or drive meals to Forsyth families in need.



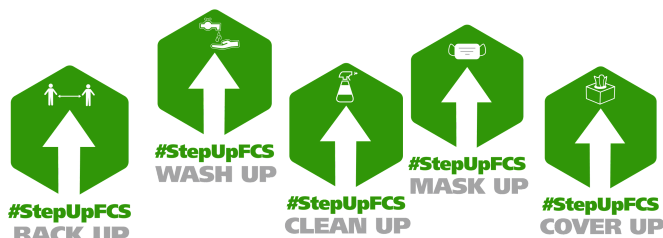
RED RIBBON WEEK OCT 23-31

Input Wanted!

Forsyth County Schools Alcohol & Substance Abuse Prevention Project is gathering information from YOU concerning underage drinking within our community.

[CLICK HERE for SURVEY](#)

Survey will close Friday Oct.2



Click [here](#) to check out online story time and more with the Forsyth County Public Library.