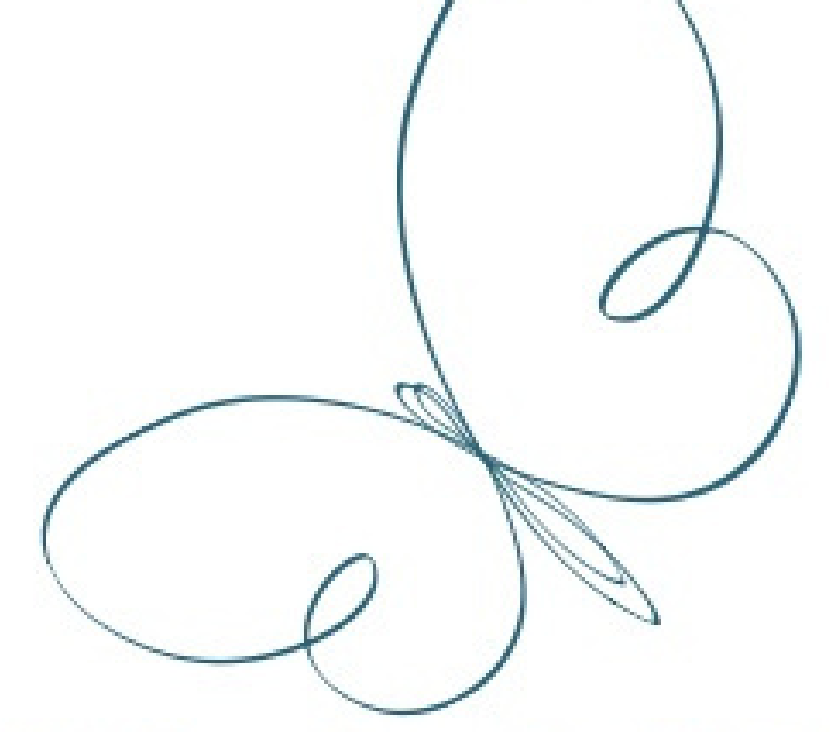


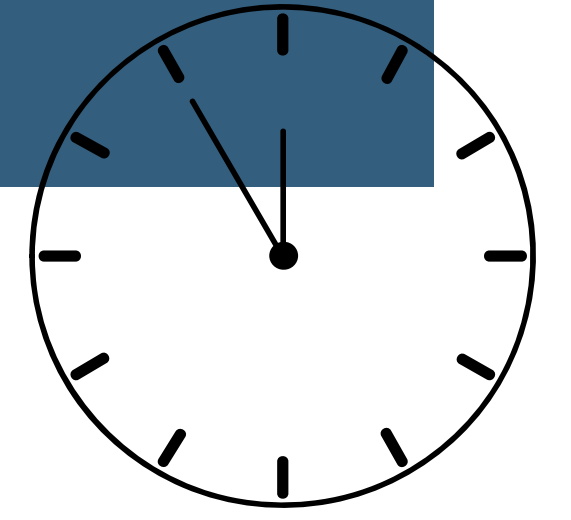
How To Reduce Stress and Anxiety For Parents



BLUES & BEYOND
SUPPORTING PERINATAL
MENTAL HEALTH

1. Make Time

- Take some time to talk with your child or teen. Answer questions and share facts with one another.



2. Reassurance

- Reassure your child or teen. Let them know it is okay if they feel upset. Share with them how you feel with your own stress so that they can learn how to cope from you.

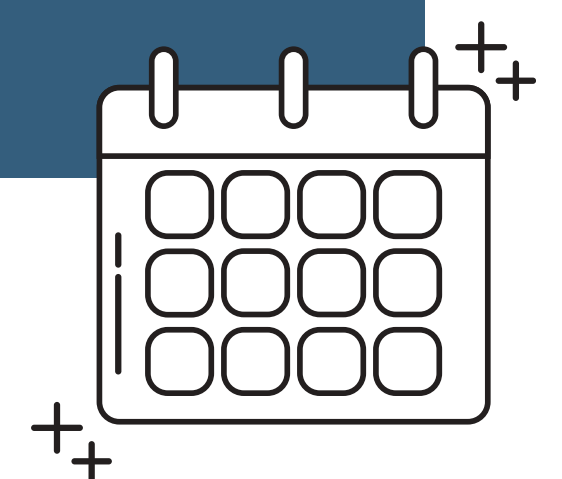
3. Limit media

- Limit your families exposure to news coverage and social media. Children may misinterpret what they hear and can be frightened about something they do not understand.



4. Routine

- Try to keep a regular routine as much as possible. Create a schedule for learning activities and relaxing. Remember to include fun activities as part of your routine.



5. Be an Example

- Be a role model. Take breaks throughout the day, encourage them to do the same. Get enough sleep, exercise and encourage a healthy eating lifestyle. Give yourself and your child time to relax.