



Winter Wellness Resources for Families & Caregivers

December 2021

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a [NYS law](#) requiring mental health instruction as part of the K-12 curriculum.

[Winter Wellness for Families](#), the final installment of this year's Family Education Webinar Series is now available. This 30 - minute recording provides a review of the *8 Dimensions of Wellness* and some unique suggestions for how to connect with loved ones, while promoting wellness this holiday season.

Activities to Achieve Wellness this Season

- [Family Wellness Bingo](#) - a fun and simple way to keep track of activities you've tried together
- [Kindness Cards](#) - Give the *Gift of Kindness* this year with these cards- decorate and pass them out in the community or classroom, or hang them on your mirror for a personal reminder.
- [Mindful Moments Family Web series](#) - a series of nine videos focused on teaching mindfulness skills, physical grounding techniques and helping families understand the brain-body connection
- [Tools to Promote Mental Health & Wellness](#) includes projects and activities to promote resilience and build social connections, such as a gratitude calendar, mood tracker and instructions for how to create wellness boards and calming spaces.
- [Stress Less Poster](#) - this visual guide provides relaxation techniques fit for the whole family
- [Apps for Mental Health](#) explore a curated list specifically for children and youth

Additional Resources to Promote Wellbeing

- [Mental Health Conversation Starters](#) - toolkits that provide sample prompts for a variety of situations or concerns and tips on how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with children and youth. A **printable Spanish** language version is also available [here](#).
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish** language version is also available [here](#).

To learn more, visit mentalhealthEDnys.org/parents/ or explore our [A- Z Topic Guide](#) for user-friendly resources and information on supporting youth beyond high school.

Visit us at mentalhealthEDnys.org, call (518)-434-0439 or contact us directly at schools@mhanys.org.