

# TEACH YOUR CHILD TO PRIORITIZE THEIR MENTAL HEALTH

When your child learns to ignore their mental well-being...They grow into an anxious, stressed, co-dependent adult. **It's time to teach your child to be selfish as it comes to prioritizing their own mental health.**



## USE THESE PHRASES TO MODEL SELF-COMPASSION

- ◇ "If I ignore my emotions, I end up feeling worse. I feel better when I let myself cry."
- ◇ "I will treat myself like I would treat my best friend."
- ◇ "I don't want to stop crying. I feel hurt and this is how I need to express myself."

## USE THESE PHRASES TO MODEL SELF-KINDNESS

- ◇ "I put in an awesome effort, even if I didn't succeed."
- ◇ "I made a mistake. It's a learning experience, not a failure."
- ◇ "I can try again tomorrow."

## USE THESE PHRASES TO MODEL SELF-RESPECT

- ◇ "My opinions are worth expressing."
- ◇ "I can disagree with them and still have a valid belief."
- ◇ "I don't want to do that—I want to take care of my body."

## USE THESE PHRASES TO MODEL SELF-PATIENCE

- ◇ "I gave it my best effort. I need to learn a new skill to do even better."
- ◇ "It just takes practice—I can do this."
- ◇ "I can only focus on what's within my control."

By being selfish when **prioritizing their mental health**, your child develops the **resilience to cope** with whatever life throws at them.

# Gratitude & Mindfulness Kit

## Ages 5-11

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.**

The real bonus is the quality time which is his love language, double whammy!."

- Katherine."

★★★★★



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