

# HOW FAMILIES CAN WORK WITH EACH OTHER TO LOOK AFTER THEIR MENTAL HEALTH DURING LOCKDOWN



01

Give each other time and space to relax and apply self care



02

Work with each other to get tasks done (E.g. cooking or cleaning together)



03

Challenge each other in a positive way - identify a list of skills you can each master and regularly check in with progress



04

Be supportive of each other. Be patient and understanding of what you are each going through



05

Be a positive role model for each other. Demonstrate positive physical and mental health habits



06

If someone is experiencing a worry work with them to problem solve. Identify solutions together to solving the problem



07

Respect each other's space. If you have older children provide them with a sense of autonomy



08

Make decisions together as a family. Adopt a collaborative parenting style



09

Identify some helpful guidelines which you can all agree on and work towards together



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