

Well-being: Physical Well-being, Stress Management, & Mental Health Resources

Overall Well-being:

Well-being can be described as feeling good, functioning well, and viewing life positively. While there is no consensus around a single definition of well-being, there is general agreement that well-being includes the presence of:

- ❖ Positive emotions and moods (e.g., contentment, happiness)
- ❖ Awareness and acceptance of full range of emotions
- ❖ Overall life satisfaction
- ❖ Sense of purpose, fulfillment, and positive functioning
- ❖ Positive relationships and perception of life
- ❖ Sense of a sustainable condition

Well-being often includes the physical, social, emotional, psychological, and developmental aspects of life. In this toolkit document, you will find wellbeing divided into three categories: physical health, stress management, and mental health.



Physical Health:

Exercise, healthy eating, sleeping the right number of hours, limiting media, washing hands, brushing teeth, good hygiene practices, and a little fresh air all play a role in the military child's overall wellbeing. Students who practice these healthy lifestyle habits can enjoy benefits such as higher self-esteem, a better outlook on life, and increased academic attentiveness, motivation, and success. The Centers for Disease Control and Prevention (CDC) also say:

“Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions later in life.”

Comprehensive school health and prevention education, community partnerships, and parental engagement and support will ensure a solid foundation for future health and well-being of our youth. In the next couple of pages, you will find guidelines and activities to use for the military child.



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Stress Management:

Stress is a normal reaction to everyday pressures. It can be short-term or chronic. Military-connected children and families experience unique stressors. Parents know their child best. When you begin to see changes in their mental health, it is important to address these as soon as possible. Begin with your primary care physician and work with your School Counselor, Military Family Life Counselor, School Nurse, or School Social Worker to find resources or get referrals to a behavioral health provider. Reach out to Military OneSource for non-medical counseling 24/7 help for assistance at 1-800-342-9647 or live chat 24/7: [Military One Source Non-Medical Counseling](#)



The National Military Family Association and Bloom Partner's 2021 survey of military teens reports:

- 42% of military teens have low mental health status
 - 36% report concerns about food insecurity in their families
- [Click here to see the statistics.](#)

When a person deals with *chronic* stress, they may encounter these side effects:

- ❖ High blood pressure
- ❖ Weakened immune system
- ❖ Anxiety or even depression
- ❖ Excess sweating
- ❖ Nausea Appetite loss
- ❖ Overeating
- ❖ Foggy brain



Mental Health:

The World Health Organization defines positive mental health as *“a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”* [WHO Health and Well-being](#)































Mental health includes our emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Our mental health will continue to change throughout childhood, adolescence, and adulthood.

It is important to know that people with serious mental health challenges can heal and recover with professional help. Often, people do not get the mental health services they need because they do not know where to start. If you feel the need is urgent, call 911, for immediate help. You can also ask your primary care doctor, Military Family Life Counselor, school counselor, school nurse, or other health professionals to connect you to the right mental health services in your area.

If you do not have a health professional who is able to assist you, use these resources to find help for yourself, your friends, your family, or your students. **In July 2022, the National Suicide Prevention and Veterans Crisis hotlines will change to 988.**

































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For Parents & Professionals	For Parents of Young Children	For School
 Healthy and Fit Families Article by MCEC	 Healthy Habits Workshop by Sesame Street	 Run in Place, What's the Pace Video by Children's Healthcare of Atlanta
 Family Fitness Pledge Article by MCEC	 Anytime and Sometime Foods Article by Sesame Street	 Stretching Video by Children's Healthcare of Atlanta
 Tips for Less Stressful Family Dinner Article by Strong4Life	 Eating Well on a Budget Article by Sesame Street	 Dancing Video by Children's Healthcare of Atlanta
 Superfoods to Boost Immunity for Kids Article by Strong4Life	 Healthy Snacks on the Go Article by Sesame Street	 Mountain Hike Video by Children's Healthcare of Atlanta
 Raising Healthy Eaters Article by Strong4Life	 Recipes, Shopping List, Meal Planner Printable by Sesame Street	 Chair Triathlon Video by Children's Healthcare of Atlanta
 Your Role and Your Child's Role During Mealtimes Article by Strong4Life	 Healthy Eating Video by Sesame Street	 Balance Beam Video by Children's Healthcare of Atlanta
 Go, Slow, and Whoa Foods Article adapted from CATCH	 Eating Colorful Fruits and Veggies Video by Sesame Street	 Minute to Win It Video by Children's Healthcare of Atlanta
 What is Mental Health? Article by MentalHealth.gov	 The Most Important Meal Video by Sesame Street	 Rock n Roll Video by Children's Healthcare of Atlanta
 Healthy Screen Time Habits Article by MCEC	 Exploring Healthy Snacks Video by Sesame Street	 Stationary Stretch Video by Children's Healthcare of Atlanta
 Mental Health Challenges Article by MCEC	 Trying New Foods Video by Sesame Street	 Strong4Life Slide Video by Children's Healthcare of Atlanta






















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 Perfectionism <i>Article by MCEC</i>	 Grow Your Colors <i>Interactive Game by Sesame Street</i>	 4 Healthy Habits <i>Video by Children's Healthcare of Atlanta</i>
 Who Me: Mental Health <i>Article by MCEC</i>	 Healthy Brains, Healthy Kids <i>Interactive Activity by Sesame Street</i>	 Get Rest to Be Your Best <i>Video by Children's Healthcare of Atlanta</i>
 Worry Wheel <i>Article by MCEC</i>	 Breathe, Balance, Bend <i>Article by Sesame Street</i>	 Screens Away, Go Play <i>Video by Children's Healthcare of Atlanta</i>
 Social Media and Mental Health <i>Article by Children's Healthcare of Atlanta</i>	 Get Moving Anywhere, Anytime! <i>Article by Sesame Street</i>	 Eat Smarter, Drink Water <i>Video by Children's Healthcare of Atlanta</i>
 Helping Kids Deal with Grief <i>Article by Children's Healthcare of Atlanta</i>	 Move and Learn <i>Article by Sesame Street</i>	 Healthy Habit: Express Emotions <i>Video by Children's Healthcare of Atlanta</i>
 Bullying <i>Article by Children's Healthcare of Atlanta</i>	 Moving Together <i>Printable by Sesame Street</i>	 Working with Military Families <i>Article by NCTSN</i>
 Responsibility & Self-Esteem <i>Article by MCEC</i>	 Movement Squares <i>Printable by Sesame Street</i>	 Promoting Health for Kids <i>Article by CDC</i>
 How to Read a Food Label <i>Video by Children's Healthcare of Atlanta</i>	 Move Your Body <i>Video by Sesame Street</i>	 Understanding Trauma & Resilience <i>Article by NCTSN</i>
 Positive Food Parenting <i>Video by Children's Healthcare of Atlanta</i>	 Animal Yoga <i>Video by Sesame Street</i>	 Youth Substance Use <i>Article by NCTSN</i>
 Sugary Drinks and Obesity <i>Video by Children's Healthcare of Atlanta</i>	 Counting Heartbeats <i>Video by Sesame Street</i>	 Talking to Children About War <i>Article by NCTSN</i>














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 <p><u>Impact of Food Marketing</u> Video by Children's Healthcare of Atlanta</p>	 <p><u>Do the Freeze Dance</u> Video by Sesame Street</p>	 <p><u>Understanding Anxiety in Children and Teens</u> Report by Child Mind Institute</p>
 <p><u>Fast Food & Obesity</u> Video by Children's Healthcare of Atlanta</p>	 <p><u>Move Along with Elmo</u> Video by Sesame Street</p>	 <p><u>Military Child Maltreatment</u> Article by NCTSN</p>
 <p><u>Turning Stress into Strengths</u> Article by MCEC</p>	 <p><u>Work Out with Grover</u> Video by Sesame Street</p>	 <p><u>Traumatic Grief & Military Families</u> Article by NCTSN</p>
 <p><u>Developing Positive Coping Strategies</u> Article by MCEC</p>	 <p><u>Grover's Playground Workout</u> Interactive Activity by Sesame Street</p>	 <p><u>Children's Mental Health Report</u> Report by Child Mind Institute</p>
 <p><u>Web of Support</u> Article by MCEC</p>	 <p><u>We've Got the Moves</u> Interactive Story by Sesame Street</p>	 <p><u>COVID-19 and Mental Health Impact</u> Report by Child Mind Institute</p>
 <p><u>Daily Frustrations Stress and Frustrations</u> Article by MCEC</p>		
 <p><u>Stress Management Plan</u> Article by MCEC</p>		
 <p><u>Stress Inventory</u> Worksheet by The Holmes-Rahe Life Stress Inventory</p>		
 <p><u>Bullying</u> Article by Children's Healthcare of Atlanta</p>		












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For Parents & Professionals	For Parents of Young Children	For School
 <u>Cooking to Thrive</u> <i>Booklet by PennState</i>		
 <u>Moving to Thrive</u> <i>Booklet by PennState</i>		
 <u>Resources to Thrive</u> <i>Booklet by PennState</i>		
 <u>7 C's of Resilience</u> <i>Article by MCEC</i>		
 <u>Health Recommendations: 4-11 years</u> <i>Resources by CDC</i>		
 <u>Health Recommendations: 12-19 years</u> <i>Resources by CDC</i>		
 <u>National Hotline & Resources</u> <i>Resources by PennState</i>		
 <u>Non-Medical Counseling Resources</u> <i>Article by Military OneSource</i>		
 <u>Behavioral Health Services Locator</u> <i>Resource by SAMHSA</i>		
 <u>Mental Health Resources</u> <i>Resources by National Academies</i>		
 <u>Stress Management Plan</u> <i>Online tool by Center for Parent & Teen Communication</i>		



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 <u>Preparing for Professional Help</u> <i>Article by Center for Parent & Teen Communication</i>		
 <u>Fostering Resilience</u> <i>Online tool by FosteringResilience.com</i>		
 <u>A Moment of Peace</u> <i>Video by AboutKidsHealth</i>		
 <u>Parental Burnout</u> <i>Video & Article by Today</i>		
 <u>Focus</u> <i>Online tool by FOCUS</i>		
 <u>Cohen Clinics</u> <i>Online tool by Cohen Clinic</i>		
 <u>Kid Tip Sheet</u> <i>Printable by Child Mind Institute</i>		
 <u>Parent Tip Sheet</u> <i>Printable by Child Mind Institute</i>		
 <u>Breathe to Thrive</u> <i>Booklet by PennState</i>		



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