

# WELLNESS FOR KIDS AND TEENAGERS

## 3 PILLARS OF PHYSICAL HEALTH



## PHYSICAL HEALTH

Children and teenagers benefit from daily activity to help them manage their emotions and daily stressors. This activity can range from walking to stretching to competitive sports. Additionally, sleep and a healthy diet also dramatically impact their physical health.

## EMOTIONAL/MENTAL HEALTH

Children and teenagers often struggle to manage their emotional health on their own. As a parent, you can help them learn about their emotions, ways to express their feelings, and how to cope with emotions. Model these things in the home to help teach them, and encourage open conversations about all emotions.



## SOCIAL HEALTH

Social life is so important for youth. However, they need to learn a balance with their social life, family life, school/work, and free time. Help your child have a healthy social life by teaching social skills, such as communication, conflict resolution, and ways to be a good friend.



## INTELLECTUAL HEALTH

Children and teenagers spend most of their time in school. It is important to support the challenges that arise in school. However, not all children enjoy school and learning, but it is important for children to learn how to be successful and use skills they learn in school in their future.



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