

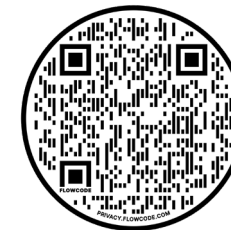
World Mental Health Day

Parents and Children: A Strong Mental Health Connection

When parents and caregivers are emotionally well, you are better equipped to provide a supportive environment, fostering security and confidence in your kids. The reverse is also true. Your child's well-being can impact your mental health, creating a cycle of care that benefits the entire family. This year on World Mental Health Day, we encourage you to make good mental health a priority for you and your child.

Start with RethinkCare's course, [Parenting 1: Stress](#) to learn mindful ways to manage stress.

RethinkCare is available **at no cost to you**. Visit connect.rethinkcare.com/sponsor/paypal using code: paypal to enroll.



World Mental Health Day Resources

These RethinkCare resources can help you learn mindfulness practices and resilience strategies to support your mental health and the mental health of your child. For more individualized support, schedule a 1:1 consultation with a Board-Certified Parenting Expert [here](#). All RethinkCare resources are available **at no cost to you**.



Courses

- Mental Health - Parenting Skills: [Mental Health Skills for Parents](#) course
- Mental Health - Parenting Skills: [Parenting 1: Stress, Parenting 2: Patience](#) courses
- Practice Mindfulness With Your Child: [Create Mindful Moments](#) course
- Try Journaling: [Mindful Parenting](#)



Tip Sheets & Articles

- Tip Sheet: [Mental Health Awareness: Supporting Your Child's Mental Health](#)
- Article: [Addressing the Mental Load for Parents and Caregivers](#)
- Toolkit: [Family Stress Management](#) (Scroll down to "Extras")



On-Demand Webinars

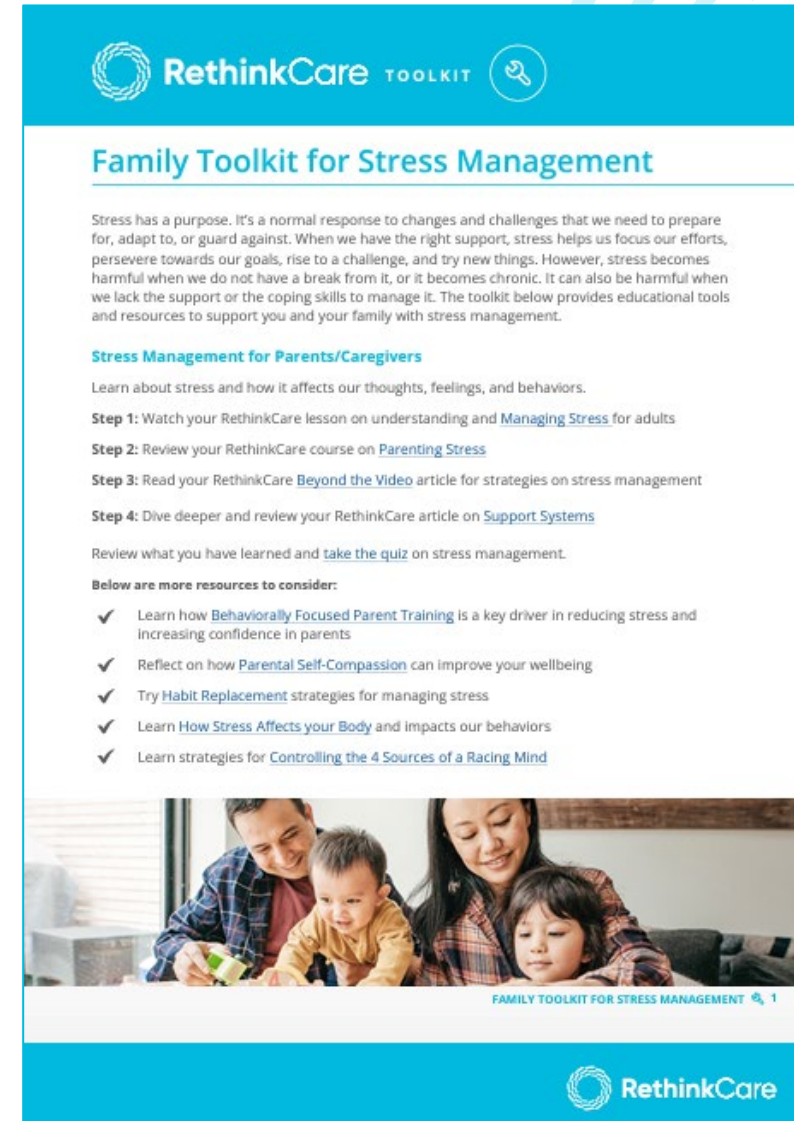
- On-demand webinar: [The Power of Mindfulness: How to Train the Mind for Focus and Connection](#)
- On-demand webinar: [From Stressed Out to Your Best Self: How to Manage Emotions as a Working Parent](#)

Additional Resources

- [Family Toolkit for Stress Management](#)
RethinkCare educational tools and resources to help parents support families with stress management.

BEHAVIORALLY SPEAKING PODCAST EPISODES

- [Stress Management for Kids and Teens](#)
- [Encouraging Kids to Help Out at Home](#)
- [Prioritizing Parental Self-Care and Work/Life Balance](#)



The screenshot shows the 'Family Toolkit for Stress Management' page from RethinkCare. The page has a blue header with the RethinkCare logo and 'TOOLKIT' text. Below the header, the title 'Family Toolkit for Stress Management' is displayed. The main content area explains that stress has a purpose and provides educational tools and resources. It includes a section for 'Stress Management for Parents/Caregivers' with four steps: 1. Watch a lesson on understanding and managing stress for adults; 2. Review a course on parenting stress; 3. Read an article on stress management strategies; 4. Dive deeper into support systems. A quiz is mentioned at the end of the steps. Below this, there is a section titled 'Below are more resources to consider:' with five bullet points, each starting with a checkmark and linking to specific resources like 'Behaviorally Focused Parent Training', 'Parental Self-Compassion', 'Habit Replacement', 'How Stress Affects your Body', and 'Controlling the 4 Sources of a Racing Mind'. At the bottom of the page, there is a photo of a family (a man, a woman, and two children) sitting together, and the RethinkCare logo and name are visible in the footer.