The Mental Health of It

I’ve been thinking a lot lately about how I take care of my own mental health and how we can continue to help our children with the same. This week for the first time at ICS I put on roller skates and joined in with the P.E. classes because I love to exercise, especially when it’s fun. But I know exercise is not fun for everyone and not easy for everyone. And although exercise is HUGE for mental health and we should encourage one another and our children to be active everyday on some level, there are many other things that are good for mental health: art work, singing, quiet time, interacting with friends, praying, having gratitude.

I would say this: count your blessings—your child is getting a good dose of many mentally healthy things at ICS. Don’t stop encouraging these things at home.

Karen Lundy, ICS School Counselor

The Teaching Never Stops