

## PARENTS – HERE’S HOW YOU CAN HELP EASE BACK- TO-SCHOOL ANXIETY DURING COVID-19

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our partner, [MeMD](#)

*Back-to-school anxiety is not uncommon even under normal circumstances. As many students head back to classrooms amid the COVID-19 pandemic this fall, many kids and families are feeling especially nervous. It might be challenging to ease your child’s anxiety as you tend to your own worries about sending your kids back to school, but the following strategies can help keep stress down.*



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Too many people overvalue what they are not and undervalue what they are.

- Malcolm Forbes

[Quotes sourced from Self By Design](#)

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### September’s Book Recommendation

#### The 5 Love Languages of Children

by Gary Chapman

Does your child speak a different language? Sometimes they waver for your attention, and other times they ignore you completely. Sometimes they are filled with gratitude and affection, and other times they seem totally indifferent.

Everything depends on the love relationship between you and your child.

Discover your child’s primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child’s emotions and behavior.

## Be direct, open, and honest.

You might feel tempted to pacify your child's anxiety by downplaying the severity of COVID-19, but this may only increase their stress later. Being direct and honest about general safety concerns and your own worries surrounding COVID-19 will help your child better understand their own stress and continue coming to you for support. You might also make a habit of daily check-ins with your child to let them vent frustrations or ask for help navigating tough social situations at school.

## Focus on factors your child can control

Kids may be feeling especially frustrated by new limitations on their actions or anxious about being separated from you after spending so much time at home. These stresses are compounded with the uncertainty of the pandemic itself. You might help them feel more in control by focusing on the actions they can take to be safe and healthy. For example, wearing a mask and washing hands are positive steps your child can take regularly to do their part. You can also encourage them to get plenty of sleep, eat healthy foods, and exercise at home, which will be beneficial for both their physical and mental health. Finally, remind them that current conditions won't last forever, and participating in social distancing practices now will help us get back to normal sooner.

## Seek out mental health resources.

Parents often feel social stigma over seeking out mental healthcare for young children and teens. However, seeing a therapist during times of stress and anxiety will only provide a sounder foundation for your child's future mental health. Don't be afraid to reach out to your Employee Assistance Program to help your child manage anxiety during this difficult time.

## Quick Tips for the Upcoming Flu Season

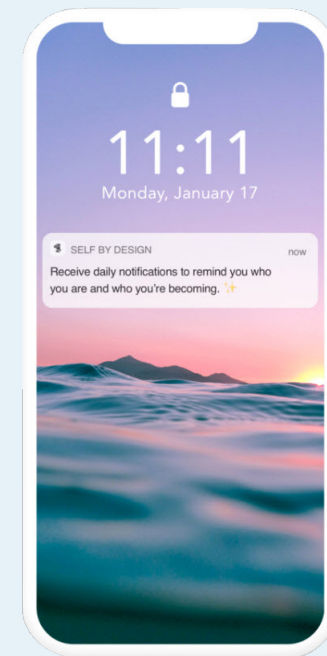
- **Stay home as much as you can.** When you do leave the house, wear a mask.
- **Wash your hands often.** Use hand sanitizer only as a backup when you can't get to a sink right away.
- **Keep your distance.** Avoid close contact with others, maintaining a distance of 6 feet in public areas when possible.
- **Avoid touching your face** without first washing your hands.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGen EAP Mobile App**



Integrated into our NexGen EAP mobile app, [Self By Design](#) is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.