



HealthAhead
WELLBEING AT GE

Family matters...no matter how you define it.

Family means something different to each of us and comes in all shapes and sizes. To some, it is a group of people related by blood or ancestry. To others, family has less to do with biological ties and more to do with feelings of connectedness, support and emotional attachment.

No matter how you define family, their health and wellbeing is important. In this toolkit you'll find tips and resources on connecting with family around the following topics:

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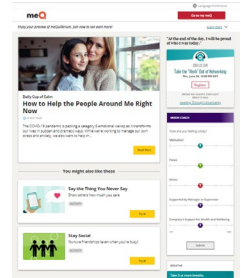
Family Wellbeing



While we're working to manage our own stress and anxiety, we also want to help those around us—whether it's our immediate family, friends, extended family, or whoever we consider family to be. Use the information and tips below to support your family's emotional wellbeing.

- meQuilibrium Spotlight page: [Redefine Family Time](#)

Description: We tend to think family time has to happen around the dinner table and date night must happen, well, at night. In actuality, you can connect with people any time you want—it's up to you to define.



- NAMI: [Family Members & Caregiver Mental Health](#)

Description: When a friend or family member develops a mental health condition, it's important to know that you're not alone. Whether you're providing a lot of assistance or very little, the information here can help you better understand the issues that you might face.

- Family Harmony at Home: [English Tip Sheet \(100+ other languages\)](#)

Description: Positive language, active listening, and empathy help maintain a peaceful and happy family environment under stressful times.



- [Mental Health Activities to Work on Mental Fitness with your Family](#)

Description: 8 tips for improving your family's mental fitness.

- meQuilibrium Spotlight page: [How to Help the People Around Me Right Now](#)

Description: Four types of kindness to practice to support your wellbeing, and that of your friends and loved ones.

- NAMI: [Maintaining a Healthy Relationship](#)

Description: Relating to someone you love who has a mental illness can be difficult and frustrating, but there are strategies you can use to improve your communication with them.

Caring for Caregivers



To be able to care for the people you love, you must first take care of yourself. Caregivers who pay attention to their own physical and emotional health are better able to handle the challenges of those who they support.

- TED: [Caring for a loved one is hard work — 6 ways you can fight burnout](#)

Description: Many people are caregivers for their sick parents, partners, friends or others, with an unfortunate consequence: They end up suffering. TED speakers share steps that caregivers can take to help maintain their own well-being.



- Mayo Clinic: [Caregiver stress: Tips for taking care of yourself](#)

Description: Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and wellbeing.

- meQuilibrium: [Self-Care for Caretakers Spotlight Page](#)

Description: In order to be a resilient caretaker, you need to mediate the bad while also mixing in the good. We call this building the Four Corners of Balance. Here's how to do it.



- NAMI: [Taking Care of Yourself](#)

Description: Improving your relationship with yourself by maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones. Here are some suggestions for personalizing your self-care strategy.

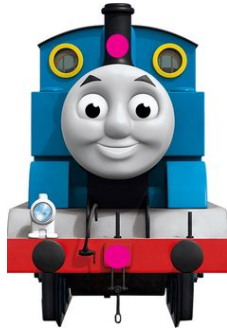
Kids Learn Through Play



Children can learn about the world through play. They can develop skills like reading, writing, problem-solving, interacting with others and more. Playing can also bring children closer to their families and friends. Use the ideas below to help kids grow and have fun!

- Thomas and Friends: [Sustainable Development Goals](#)

Description: You will find video Life Lessons from our favorite blue engine, Thomas, as well as Parent Tips with activities to help talk to young children about why achieving these Goals is important for everyone in the world.



- Learning Through Play: [English Tip Sheet \(100+ other languages\)](#)

Description: Millions of children face interruptions with schooling and often feel isolated from friends and peers. This tip is about learning through play – something that can be fun for all ages!



- Lego Foundation: [Activities for kids](#)

Description: Learning through play teaches important skills that make children confident, creative and resilient, equipping them for school and for life. Try our fun activities and you'll see first-hand how children learn through play at home.



Make Healthy Eating Fun

Healthy eating habits are more likely to stay with you if you learn them as a child. That's why it's important to teach children good habits now. Use the healthy recipes and fun games below to teach children the importance of nutrition.

- Grokker: [Cooking with Kids: How to make fish in parchment paper](#)
Description: The name of this recipe may sound fancy, but it's a 1, 2, 3 super-easy, super-fast, no clean-up dinner. It's extremely healthy and fun to make because you can tailor it to you or your little one's favorite tastes and flavors.
- Lifesum: [Kid-Friendly Dinner Recipes](#)
Description: Here are some straightforward, one-pan dishes both you and the kids will enjoy!



- [Healthy eating games and activities](#)
Description: Using games and activities is a great way to help children learn about healthy eating while having fun at the same time!



Help Kids Manage Stress and be Resilient



Helping kids learn to deal with stress is key to their success in school and wellbeing at home, and it gives them lifelong tools to manage the ups, downs, and all-around uncertainties that are part of being a grown-up. Use the information below to help ease children's stress.

- meQuilibrium: [Helping Kids Cope with Stress Spotlight Page](#)
Description: Stress levels run high, regardless of your job or background—and while kids don't have to pay the mortgage or worry about a promotion, they have their own unique brand and fair share of stress. This article gives some ways to do your part to help ease children's stress:



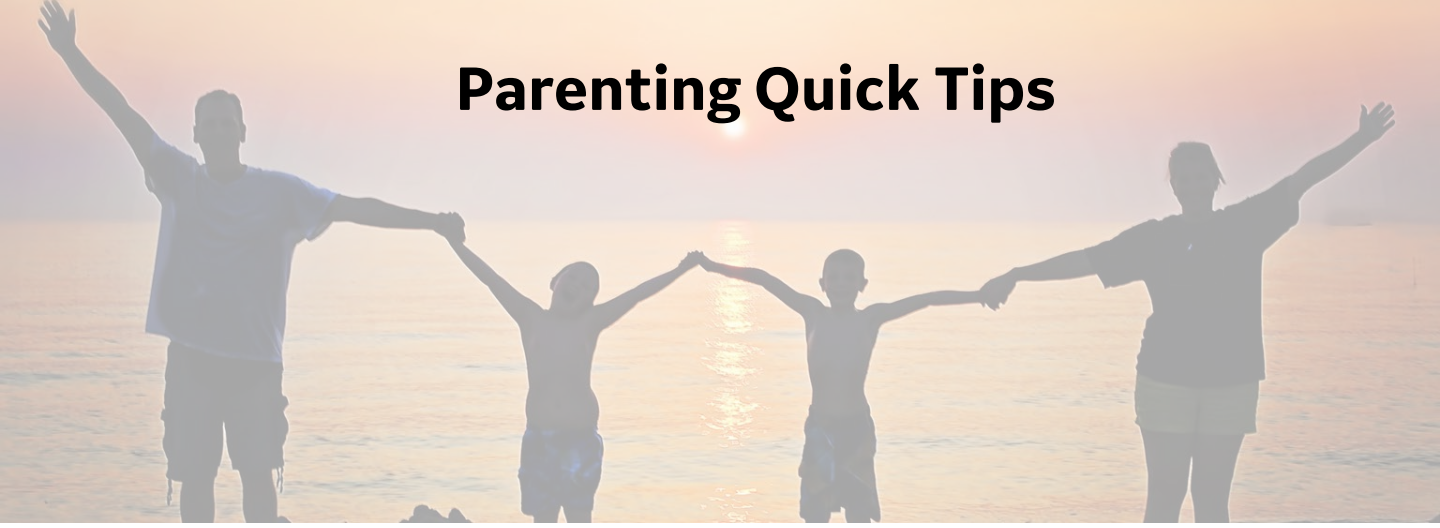
- meQuilibrium Calm-Cast : [Raising Resilient Kids Right Now](#)
Description: 30-minute webinar to learn what we can do to strengthen our resilience—and help the kids in our lives do the same.

- Cosmic Kids Den: [Mindfulness for kids](#)
Description: Fun meditation class for kids with Mini the puppy

- Grokker: [Yoga For Kids](#)
Description: "Yoga for Kids" is designed to be done together by kids and parents, or for kids to do by themselves.



Parenting Quick Tips



We all want what's best for our children, but being a parent isn't always easy. Below are, tips, fun facts and insights for parents.

- UNICEF: [Parenting Around the World](#)

Description: From India and the Philippines to South Africa and the UK, learn from parents and baby experts around the world.



- UNICEF: [Baby Talk for Parents](#)

Description: You can practice the most important language in the world for boosting your baby's brain with this interactive course. It takes just three minutes.

- UNICEF: [Parenting Page](#)

Description: UNICEF Parenting brings together some of the world's leading baby experts to help you.



- Tips for Parenting Teens: [English Tip Sheet](#) ([100+ other languages](#))

Description: Quick tips on providing support to teens.

Parenting in a Digital Age



Children and teens are now spending a lot more time online. As parents you can help them navigate online risks and teach them about the importance of online safety. Use the tools below to help.

- Amit Sood: [Decrease your children's screen time](#) (1:58)
Description: Control your electronic urges to help your children be more disciplined about their screen time. This video provides three ideas.
- Grokker: [Pandemic Parenting in a Digital World](#)
Description: If you have more questions than answers about digital parenting, Dr. Elizabeth Milovidov's new program is just for you! You'll be empowered with simple steps to understand the online landscape, communicate with your kids about it, and set healthy habits and boundaries.
- Keeping Children Safe Online: [English Tip Sheet](#) ([100+ other languages](#))
Description: Learn about online risks for children, how to help them create safe online habits, and how to have open communication about being safe online.

While it's important to monitor screen time and ensure kids are being safe online, they can also learn and have fun using online tools like these:

- [Monterey Bay Aquarium live cams](#)
- [Bill Nye experiments to try at home](#)
- [Recycling center virtual field trips](#)
- [Google arts and culture](#) (museums, art galleries, etc.)
- [San Diego Zoo live cams](#)
- [Storyline Online](#) (features actors and actresses reading some of their favorite children's books)
- [Cool Math Games](#)



Manage Your Own Stress as a Parent



It's important to remember that while you're busy parenting you still need to take care of yourself as well. Being a parent can be stressful, use these resources and tips to manage your parenting stress and learn to be resilient.

- meQuilibrium: [How to Parent with Resilience](#)

Description: Resilient parenting means being resilient yourself when it comes to all things raising kids and instilling in your children the life skills that it takes to thrive throughout their entire lives. Learn how.



- Keep Calm and Manage Stress: [English Tip Sheet \(100+ other languages\)](#)

Description: Being a parent can be stressful. Take care of yourself, so you can support your children.



- When We Get Angry: [English Tip Sheet \(100+ other languages\)](#)

Description: We love our children and teenagers, but stress from caregiving, money, and more can make us angry. Learn how to maintain control and manage anger.