

DEALING WITH POTENTIAL EXPOSURE:

THE STRESS OF PHYSICALLY REOPENING SCHOOLS

If you have a child that will be going back to school in-person—whether full time, every other day, or every other week—it's important to prevent that fear from becoming debilitating.

FOR PARENTS

ACKNOWLEDGE PRODUCTIVE VERSUS UNPRODUCTIVE WORRIES.

FOCUS ON WHAT YOU CAN CONTROL.

TAKE A BREAK FROM THE NEWS AND SOCIAL MEDIA.

ADVOCATE FOR YOUR NEEDS.

DO WHAT IS BEST FOR YOUR AND YOUR FAMILY.

LEARN MORE AT

[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)

MENTAL HEALTH Minnesota

